

Calypso Fitness Club Warszawa Adgar Plaza Mokotów : Zajecia :

| Godz. | Poniedzialek | Wtorek | Sroda | Czwartek | Piatek | Sobota | Niedziela |
|-------|-----------------------------------------------|-----------------------------------------------|---------------------------------------------|-----------------------------------------------|-------------------------------------------|-----------------------------------------------|------------------------------------------|
| 07:00 | ABT Urszula Bienias | PUMP Albert Ciesielski | TBC Anna Doli?ska | Zdrowy Kr?gos?up Ma?gorzata Wadecka | Aqua Aerobic Ma?gorzata Wadecka | | |
| 10:00 | | | | | | Zdrowy Kr?gos?up Ma?gorzata Wadecka | |
| 10:15 | | | | | | | PUMP Anna Doli?ska Ula Bienias |
| 11:00 | | | | | | | |
| 11:15 | | | | | | Aqua Aerobic Ma?gorzata Wadecka | ABT Anna Doli?ska Ula Bienias |
| 12:00 | | | | | | Yoga/Stretch Ma?gorzata Wadecka | |
| 16:45 | Aqua Aerobic Ma?gorzata Wadecka | | Aqua Aerobic Ma?gorzata Wadecka | | | | |
| 17:00 | Pilates Joanna Lewandowska | ABT Natalia Majchrzak | Fat burning Natalia Majchrzak | TBC Natalia Majchrzak | Pilates Ma?gorzata Wadecka | | |
| 17:30 | ZUMBA Agnieszka Janicka | | | | TBC Natalia Majchrzak | | |
| 17:45 | Aqua Aerobic Ma?gorzata Wadecka | | Aqua Aerobic Ma?gorzata Wadecka | | | | |
| 18:00 | P?aski Brzuch Joanna Lewandowska | TBC / Step Natalia Majchrzak | Pilates/Stretch Natalia Majchrzak | ABT Natalia Majchrzak | Aqua Aerobic Ma?gorzata Wadecka | | |
| 18:30 | Zdrowy Kr?gos?up Ma?gorzata Wadecka | Sri Sri Joga Ewa Wrzos | ZUMBA Agnieszka Janicka | PUMP Urszula Bienias | | | |
| 19:00 | Stretching Joanna Lewandowska | ABT Anna Doli?ska | P?aski Brzuch Natalia Majchrzak | Stretching Natalia Majchrzak | | | |
| 19:30 | PUMP Albert Ciesielski | | | | | | |
| 20:00 | ABT Urszula Bienias | P?aski brzuch/stretch Anna Doli?ska | TBC Natalia Majchrzak | | | | |
| 20:30 | KICK BOXING Albert Ciesielski | | | | | | |