

***STAMINA***

# ***GRAFIK ZAJĘĆ***

	PON	WT	ŚR	CZW	PT	SB
8:30						Stamina Hyrox Training 8:30-9:30
9:30						Stamina Functional Training 9:30-10:30
10:30						Stamina Cross Training 10:30-11:30
12:30						Stamina Core Support 12:30-13:30
16:30		Stamina Cross Training 16:30-17:30		Stamina Functional Training 16:30-17:30		
17:30		Stamina Weightlifting Training 17:30-18:30	Stamina Core Support 17:30-18:30	Stamina Weightlifting Training 17:30-18:30		
18:30	Stamina Cross Training 18:30-19:30		Stamina Cross Training 18:30-19:30		Stamina Cross Training 18:30-19:30	
19:30	Stamina Functional Training 19:30-20:30		Stamina Functional Training 19:30-20:30		Stamina Functional Training 19:30-20:30	

Zadzwoń **666 622 830**

Napisz **[kontakt@stamina.com.pl](mailto:kontakt@stamina.com.pl)**

lub

***Zapisz się  
przez  
aplikację  
eFitness***

**Poniedziałek – Piątek: 06:00 – 21:00**

**Sobota: 08:00 – 15:00**