



P A P A J F I T N E S S

HARMONOGRAM

Godziny	Poniedziałek	Wtorek	Środa	Czwartek	Piątek	Sobota	Niedziela
10:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9.30 Ladies	C L O S E D
11:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	10.30 Team WOD	
12:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11.30 HYROX	
13:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
14:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
15:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
16:30	WOD	Beginners	WOD	Team Beginners	Functional WOD		
17:30	Beginners	WOD	Beginners	Team WOD	Beginners		
18:30	WOD	Weightlifting	Mobility	Team Beginners	HYROX		
19:30	Beginners	Ladies Night	HYROX	INTRO	Functional Beginners		