



# PAPAJ FITNESS

## 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<br>L<br>O<br>S<br>E<br>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          | WOD           | WOD      | Team WOD | Functional WOD |                |                            |
| 17:30   | WOD          | WOD           | WOD      | Team WOD | WOD            |                |                            |
| 18:30   | WOD          | Weightlifting | Mobility | Team WOD | HYROX          |                |                            |
| 19:30   | INTRO        | Ladies Night  | HYROX    | INTRO    | Functional WOD |                |                            |