

HARDSTYLE KETTLEBELL KALISTENIKA - FLEXIBLE STEEL

w sezonie 2025/2026

	Pon	Wt	Śr	Czw	Pt
18:00	KETTLEBELL KB2 - KB3 (18:15)	KETTLEBELL KB2 - KB3	KETTLEBELL KB2 - KB3 (18:15)	KETTLEBELL KB2 - KB3	KETTLEBELL OPEN SPACE
19:00	KETTLEBELL KB4 - KB5 (19:15)	KETTLEBELL KB4 - KB5	KETTLEBELL KB4 - KB5 (19:15)	KETTLEBELL KB4 - KB5	KETTLEBELL OPEN SPACE
20:00	KETTLEBELL KB2 - KB5 (20:15)		KETTLEBELL KB2 - KB5 (20:15)		KALISTENIKA POCZĄTKUJĄCY
20:15	KETTLEBELL ADEPT - KB1 (20:10)	KALISTENIKA	KETTLEBELL ADEPT - KB1 (20:10)	KALISTENIKA	
20:15		FLEXIBLE STEEL MOBILITY STRETCHING		FLEXIBLE STEEL MOBILITY STRETCHING	

