

[do góry](#)



**Strona Gminy Zator**

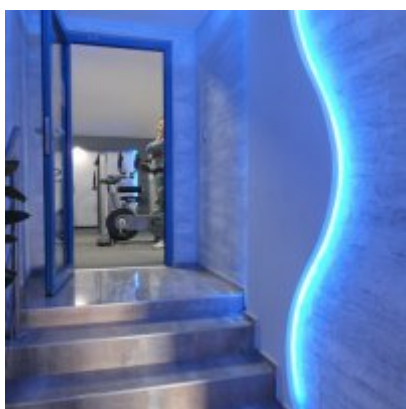
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## Galeria zdjęć

Wybierz galerię: FITNESS CLUB w Rudzach ▼

### FITNESS CLUB w Rudzach

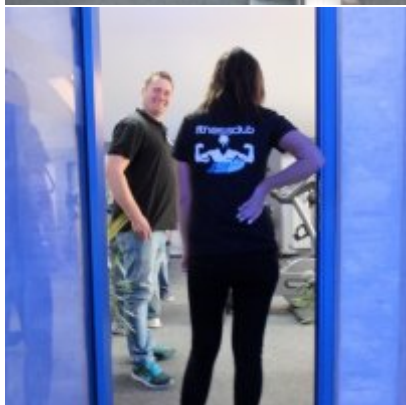
FITNESS CLUB w Rudzach



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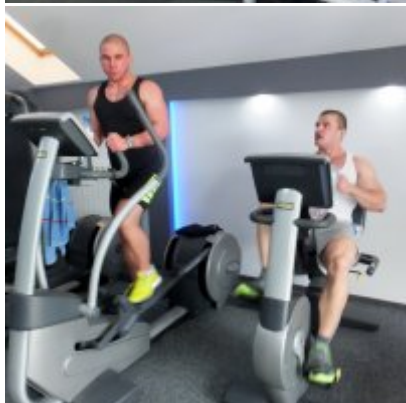
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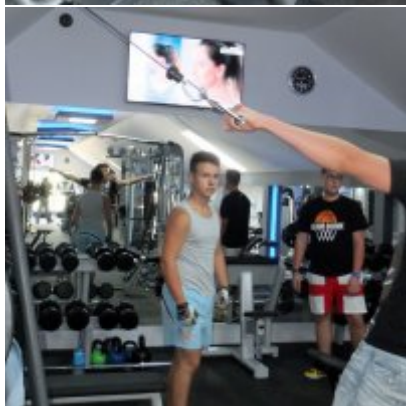
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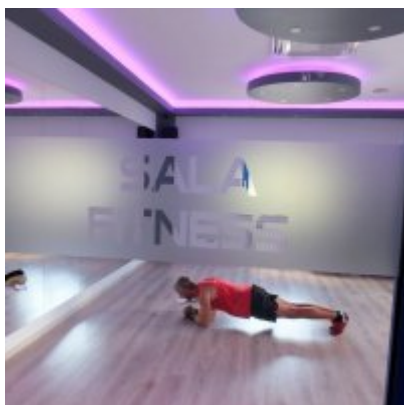
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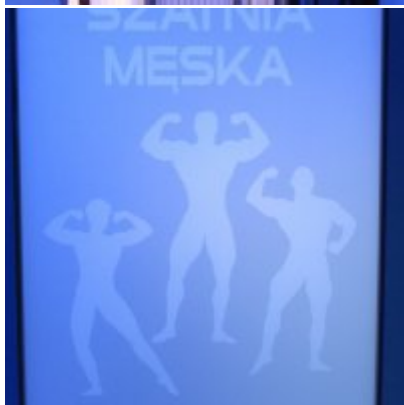
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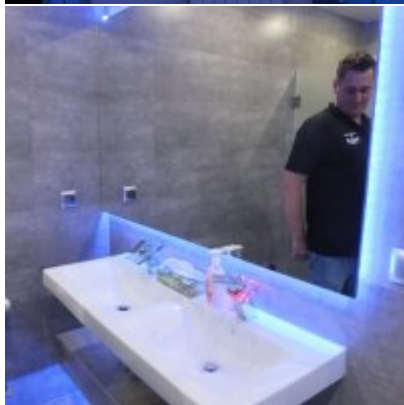
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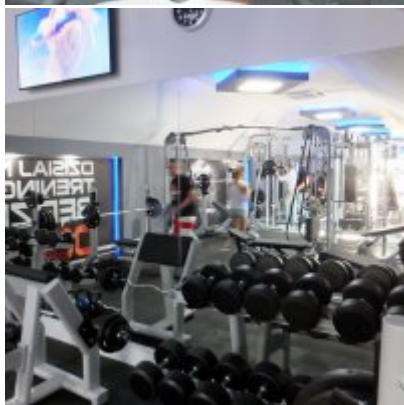
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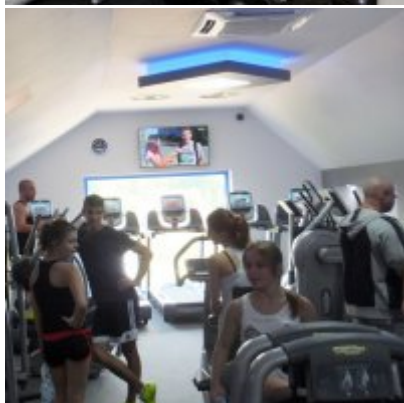
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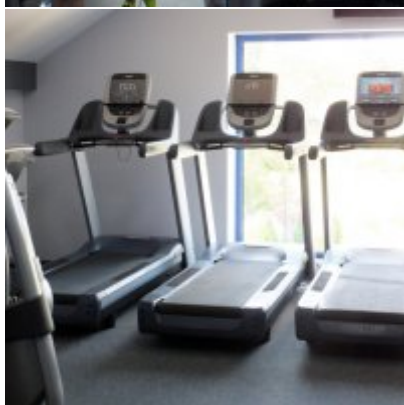
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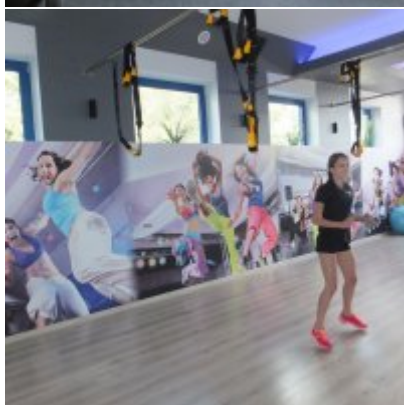
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| ZAJĘCIA FITNESS                                                                                                |                                     |                                      |                      |                  |
|----------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------|----------------------|------------------|
| PIĄTEK 14.00                                                                                                   | WTOREK 18.00                        | ŚRODA 18.00                          | CZWARTEK 17.00       | PIĄTEK 18.00     |
|                                                                                                                |                                     |                                      | PIKATES (30min)      | SPINNING (30min) |
| RED SPALANE (30min)                                                                                            |                                     | TABATA (30min)                       | CARDIO PUMP (30min)  | SPINNING (30min) |
| STEP & SHAPE (30min)                                                                                           | POWER TRAINING TRX (30min)          | SPIN - BRUCH - PODKOPKOWANIE (30min) | STEP & DANCE (30min) | SPINNING (30min) |
| ZAMKOWA (30min)                                                                                                | CROSS TRAINING FUNKCJONALNY (30min) | ZOBAMA GYMNASTYKA (30min)            |                      |                  |
| <b>GODZINY OTWARCIA</b><br>PONIEDZIAŁEK - PIĄTEK 7:00 - 22:00<br>SOBOTA 9:00 - 18:00<br>NIEDZIELA 9:00 - 18:00 |                                     |                                      |                      |                  |

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