

Sheet1  
Nodarbības

	<i>pirmdiena</i>	<i>otrdiena</i>	<i>trešdiena</i>	<i>ceturtdiena</i>	<i>piektdiena</i>	<i>sestdiena</i>	<i>svētdiena</i>			
08:00:00										
09:00:00	Ārstnieciskā vingrošana	Fit Ball		STEP aerobika		Body architect (09:15)	GRIP (pēc pieraksta)			
09:15:00										
09:45:00										
10:00:00										
10:00:00		Pilates	Pilates	Pilates	Pilates	Pilates (10:15)	Ārstnieciskā vingrošana			
10:15:00										
11:00:00										
11:00:00										
11:15:00						Body architect				
11:30:00					STEP (11:15)					
12:00:00										
12:15:00		Pilates		Pilates						
12:15:00										
13:00:00										
13:15:00										
14:00:00										
15:00:00										
16:00:00										
17:00:00		Stretch&Mobility		Stretch&Mobility						
17:30:00										
18:00:00		Body architect	Hatha Joga	Body architect	Hatha yoga					
18:00:00	STEP aerobika									
18:30:00										
19:00:00										
19:00:00	INTERVAL/ STRETHC (19:00- 20:30)	ZUMBA	STEP	ZUMBA	Power Step		LATIN fitness (19:30)			
19:30:00										
20:00:00										
20:00:00										
20:30:00		ROCK'N'CORE - DCH	Pilates	GRIP (pēc pieraksta)	Pilates					
21:00:00										