

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		Fit Ball		STEP aerobika		Body architect (09:15)		
09:15:00								
09:45:00								
10:00:00								
10:00:00		Pilates (10:15)	Pilates		Pilates	Pilates (10:30)		
10:15:00								
11:00:00				Pilates (10:15)				
11:00:00								
11:15:00						STEP (11:45)		
11:15:00								
11:30:00								
12:00:00								
12:15:00								
12:15:00								
13:00:00								
13:15:00								
14:00:00								
15:00:00								
16:00:00								
17:00:00								
17:30:00								
18:00:00								
18:00:00	STEP aerobika	Body architect	Hatha yoga (18:00)	Body architect				
18:30:00								
19:00:00								
19:00:00	INTERVAL (19:15-20:15)	ROCK'N'CORE / brazilian butt (19:15)	STEP (19:10)	GRIP (19:15)	Power Step (19:00)		LATIN fitness (19:30)	
19:30:00								
20:00:00			Pilates (20:20)			Pilates (20:10)		
20:00:00								
20:30:00								
21:00:00								