

# 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	Fatburner	Power step	ABS, back, legs	FIT ball	Fatburner	Body architect (09:15)	
09:15:00							
09:45:00							
10:00:00							
10:00:00	ABS, back, legs	Pilates	Pilates	Pilates	Pilates	Pilates (10:15)	
10:15:00							
11:00:00							
11:00:00							
11:15:00							
11:15:00							
11:30:00						STEP / TRX-MIX (11:15)	
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	Fatburner		
18:30:00							
19:00:00	Interval/stretch (19:00-20:30)	Zumba	STEP (19:00)	Zumba	Power step		
19:00:00							
19:30:00		Apļa treniņš	Pilates (20:00)	GRIP	Pilates		
20:00:00							
20:00:00					LATIN fitness		
20:30:00							
21:00:00							