

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30						Abs & Back 30'Kärt	
12:00	Functional Brit	BodyBalance® Anu	BodyPump® Oleg	Pilates Anu	BodyPump® Oleg	BodyBalance® Anu (SS) FatBurn Kärt	
13:15						Circuit Training Brit	
16:00							BodyBalance® Sven
17:00							Zumba® Jorge
17:25				Functional Brit	Abs & Back 30' Brit		
17:30	Box-Mix® Gina	Abs & Back 30' Kristel	BodyPump® Oleg FitBall Sirli (SS)				
17:45	AquaPump Kristel						
18:00	Pilates Anu (SS)	BodyPump® Technique Oleg		PowerPilates Anu (SS) AquaTone Kristel	Circuit Training Brit BodyBalance® Anu (SS)		BodyPump® Marion
18:15		AquaDance Kristel					AquaBox Kristel
18:30	Abs & Back 30' Brit		DanceAerobic Sirli Yoga Kadri (SS)	BodyPump® Oleg			
19:00	Step & Body Brit				Dance Mix Kristel		Stretching 30' Brit DanceAerobic Sirli
19:15		FatBurn Kärt					
19:30			Box-Mix® Gina	Step Kristel			

(SS)-Suur Saal

(VS)-Väike Saal

Green lessons- basetraining and beginners

Orange lessons- dance workout

Blue lessons - simple and effective

Red lessons - body and mind

Purple lessons - training in water

Yellow lessons - example trainings