

TEENINGPLAAN September - Detsember 2015

STUDIO SCHEDULE September - December 2015

Kell Time	Esmaspäev Monday	Teisipäev Tuesday	Kolmapäev Wednesday	Neljapäev Thursday	Reede Friday	Pühapäev Sunday
08:00						
12:30	BodyFit Kaja Tuisk	bodyART® Katriina Maidla	deepWORK® Katriina Maidla	bodyART® Christina Budrakova	BodyTone Katriina Maidla	
13:30		BodyTone Diana Valge	Yoga** Enely Jääger		Pilates Tatjana Vaheer	
17:00					deepWORK® Katriina Maidla	
17:45	BodyTone Katriina Maidla	bodyART®* Tatjana Vaheer	BodyTone Diana Valge	Box&Fit Kaja Tuisk		
18:00					Yoga Ivo Raenok	
19:00	Pilates Tatjana Vaheer	Yoga* Ivo Raenok	Shindo-Jomon Kristi Aruküla	Pilates Tatjana Vaheer		Shindo-Jomon Kristi Aruküla
20:00						



Palume treeningutele registreeruda vähemalt 2 tundi enne treeningu algust!
Please reserve classes at least 2 hours in advance!

* starting from 08.09

** starting from 16.09