

**ESMASPÄEV**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
08:30	<b>BODY PUMP®</b> asendus 09.02.-23.02.		<b>ABL</b> Ketrin Tümpuu	
09:00		<b>ZUMBA</b> Jekaterina Manohhina		
10:00	<b>TBW</b> Larissa Ivahno	<b>LATINA SOLO</b> Julia Tamm		<b>AQUA - noodled 45 min.</b> Diljara Beljakina
10:45				<b>AQUA rasedatele 45 min.</b> Diljara Beljakina
11:00	<b>PILATES 2</b> Larissa Ivahno	<b>KÕHUTANTS</b> Julia Stumbris		
12:00			<b>KLASSIKALINE JOOGA</b> Irina Shardt	
14:30-15:15				<b>LASTE UJUMINE - 2 rada</b> <b>VABA UJUMINE - 3 rada</b>
15:15-19:00				<b>LASTE UJUMINE - 3 rada</b> <b>VABA UJUMINE - 2 rada</b>
17:30			<b>BODYSHAPING</b> Ketrin Tümpuu	
18:00	<b>PILATES 2</b> Larissa Ivahno			
18:30			<b>BODYSHAPING</b> Ketrin Tümpuu	
19:00	<b>TBW</b> Larissa Ivahno			
19:30		<b>ZUMBA</b> Jekaterina Manohhina		<b>AQUA - tonus 45 min.</b> Diljara Beljakina
20:00	<b>BODY PUMP®</b> asendus 09.02.-23.02.			

**TEISIPÄEV**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
09:00	<b>TBW</b> Olga Boiko		<b>BODY SHAPING</b> Irina Pototskaja	
10:00	<b>BODY SCULPT</b> Olga Boiko			
11:00	<b>PRESS MIX 45 min.</b> Olga Boiko			<b>AQUA - tonus 45 min.</b> Jekaterina Manohhina
12:00		<b>HOT IRON I</b> Maksim Reutov		
14:30 - 15:15				<b>LASTE UJUMINE - 2 rada</b> <b>VABA UJUMINE - 3 rada</b>
15:15 - 19:00				<b>LASTE UJUMINE - 3 rada</b> <b>VABA UJUMINE - 2 rada</b>
16:30			<b>BODY SHAPING</b> Irina Pototskaja	
17:00	<b>BODY SCULPT</b> Olga Boiko			

17:15		<b>KÕHUTANTS</b> Julia Stumbris		
17:30			<b>BODY SHAPING</b> Irina Pototskaja	
18:00	<b>TBW</b> Olga Boiko			
18:15		<b>HOT IRON II</b> Maksim Reutov		
19:00	<b>FREE MOTION</b> Olga Boiko			<b>AQUA - shape 45 min.</b> Diljara Beljakina
20:00	<b>STEP+BOSU</b> Diljara Beljakina	<b>CALLANETIC</b> Olga Boiko		

**KOLMAPÄEV**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
08:30	<b>BODY PUMP®</b> asendus 09.02.-23.02.			
08:30		<b>ABL</b> Ketrin Tünpuu		
10:00	<b>FREE MOTION +</b> Larissa Ivahno	<b>UUS! DANCE FIT</b> Julia Tamm		<b>AQUA - ABL 45 min.</b> Diljara Beljakina
11:00	<b>TBW</b> Diljara Beljakina	<b>PILATES 1</b> Larissa Ivahno	<b>KÕHUTANTS ALG</b> Julia Stumbris	
12:00		<b>KÕHUTANTS</b> Julia Stumbris		
14:30-15:15				<b>LASTE UJUMINE - 2 rada</b> <b>VABA UJUMINE - 3 rada</b>
15:15-19:00				<b>LASTE UJUMINE - 3 rada</b> <b>VABA UJUMINE - 2 rada</b>
18:00	<b>TBW</b> Larissa Ivahno			
19:00	<b>BODY PUMP®</b> asendus 09.02.-23.02.		<b>bodyART®</b> Larissa Ivahno	
19:30				<b>AQUA - ABL 45 min.</b> Diljara Beljakina
20:00	<b>FREE MOTION+</b> Larissa Ivahno			

**NELJAPÄEV**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
09:00	<b>TBW</b> Olga Boiko	<b>ZUMBA</b> Jekaterina Manohhina		
10:00	<b>BODY SCULPT</b> Olga Boiko			
11:00	<b>PRESS MIX 45 min.</b> Olga Boiko			<b>AQUA - noodled 45 min.</b> Jekaterina Manohhina
12:00		<b>HOT IRON I</b> Maksim Reutov	<b>KLASSIKALINE JOOGA</b> Irina Shardt	
14:30 -15:15				<b>LASTE UJUMINE - 2 rada</b>

				VABA UJUMINE - 3 rada
15:15 -19:00				LASTE UJUMINE - 3 rada VABA UJUMINE - 2 rada
17:00		<b>KÕHUTANTS</b> Julia Stumbris		
17:30			<b>BODY SHAPING</b> Ketrin Tümpuu	
18:00				
18:15	<b>TBW</b> Olga Boiko			
18:30			<b>BODY SHAPING</b> Ketrin Tümpuu	
19:00		<b>HOT IRON I</b> Maksim Reutov		<b>AQUA - noodled 45 min.</b> Diljara Beljakina
19:15	<b>PRESS MIX 45 min.</b> Olga Boiko			
19:30			<b>ZUMBA</b> Jekaterina Manohhina	
20:00	<b>BODY STEP</b> Diljara Beljakina	<b>CALLANETIC</b> Olga Boiko		

**REEDE**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
08:30	<b>BODY PUMP®</b> asendus 09.02.-23.02.			
09:00			<b>BODY SHAPING</b> Irina Pototskaja	
10:00	<b>TBW</b> Larissa Ivahno	<b>LATINA SOLO</b> Julia Tamm		<b>AQUA - tonus 45 min.</b> Diljara Beljakina
10:45				<b>AQUA rasedatele 45 min.</b> Diljara Beljakina
11:00	<b>POWER PILATES</b> Larissa Ivahno	<b>KÕHUTANTS</b> Julia Stumbris		
14:30-15:15				LASTE UJUMINE - 2 rada VABA UJUMINE - 3 rada
15:15-19:00				LASTE UJUMINE - 3 rada VABA UJUMINE - 2 rada
16:30			<b>BODY SHAPING</b> Irina Pototskaja	
17:30			<b>BODY SHAPING</b> Irina Pototskaja	
18:00	<b>TBW</b> Larissa Ivahno			
18:30		<b>STRONG by Zumba</b> Jekaterina Manohhina		
19:00	<b>STRETCH</b> Larissa Ivahno			

**LAUPÄEV**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
09:15		<b>BODY PUMP®</b> asendus		
9:30 - 16:15				<b>LASTE UJUMINE - 2 rada</b> <b>VABA UJUMINE - 3 rada</b>
10:00	<b>CALLANETIC</b> Olga Boiko			
11:00	<b>FREE MOTION</b> Olga Boiko	<b>bodyART®</b> Anna Kallas		
12:00	<b>TBW</b> Olga Boiko			
13:00	<b>PRESS MIX 45 min.</b> Olga Boiko			

**PÜHAPÄEV**

Aeg	Saal 1	Saal 2	Saal 3	Ujula
10:15	<b>PILATES 1</b> Larissa Ivahno			
11:00	<b>TBW</b> Jekaterina Manohhina	<b>CALLANETIC</b> Larissa Ivahno		
12:00	<b>bodyART®</b> Larissa Ivahno	<b>KÕHUTANTS ALG</b> Julia Stumbris		<b>AQUA - shape 45 min.</b> Jekaterina Manohhina
13:00	<b>FREE MOTION+</b> Larissa Ivahno			
13:00-16:15				<b>LASTE UJUMINE - 3 rada</b>
15:00	<b>FREE MOTION+</b> Larissa Ivahno			<b>VABA UJUMINE - 2 rada</b>
17:00	<b>BODYPUMP®</b> asendus			
18:00	<b>ABL</b> Jekaterina Manohhina			