

Treeningplaan Studio schedule

Kell Time	Esmaspäev Monday	Teisipäev Tuesday	Kolmapäev Wednesday	Neljapäev Thursday	Reede Friday
9:30					Pilates Jaana
11:30		AbsExpress 30' Jaana			
12:00	Pilates Jaana	Dance&Body Oksana	BodyTone Oksana	Dance&Body Oksana	BodyTone Oksana
13:00			Pilates Jaana		
16:00		Dance&Tone Jaana		Dance&Tone Jaana	Dance&Body Katriina
17:30				AmritaPump Leonard	
18:30		Shindo-Jomon Kristi			
18:45	Bodytone Katriina		Bodytone Katriina		
19:45	Hatha jooga Sigrid		Hatha jooga Sigrid		



Palume treeningutele eelnevalt registreeruda!
Please reserve the classes in advance!