



AMRITA  
SPA & WELLNESS

## Treeningplaan Studio schedule

| Kell<br>Time | Esmaspäev<br>Monday  | Teisipäev<br>Tuesday    | Kolmapäev<br>Wednesday | Neljapäev<br>Thursday   | Reede<br>Friday      | Laupäev<br>Saturday  | Pühapäev<br>Sunday     |
|--------------|----------------------|-------------------------|------------------------|-------------------------|----------------------|----------------------|------------------------|
| 9:30         |                      | AbsExpress 30'<br>Jaana |                        | AbsExpress 30'<br>Jaana | Pilates<br>Jaana     |                      |                        |
| 10:30        |                      |                         |                        |                         |                      | Dance&Body<br>Oksana |                        |
| 11:00        |                      |                         | Dance&Body<br>Oksana   |                         |                      |                      |                        |
| 12:00        | Pilates<br>Jaana     |                         | Pilates<br>Jaana       |                         | Dance&Body<br>Jaana  |                      |                        |
| 13:00        | Dance&Body<br>Jaana  | BodyTone<br>Oksana      |                        | BodyTone<br>Oksana      |                      |                      | AmritaPump<br>Leonard  |
| 16:00        |                      |                         |                        |                         | Bodytone<br>Katriina |                      | Shindo-Jomon<br>Kristi |
| 17:45        |                      |                         |                        |                         |                      |                      |                        |
| 18:45        | Bodytone<br>Katriina |                         | Bodytone<br>Katriina   | AmritaPump<br>Leonard   |                      |                      |                        |
| 19:00        |                      | Dance&Body<br>Jana      |                        |                         |                      |                      |                        |
| 19:45        | Jooga<br>Sigrid      |                         | Jooga<br>Sigrid        |                         |                      |                      |                        |

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

|   |             |
|---|-------------|
|  | Body & Mind |
|  | Strenght    |
|  | Dance       |