

| | ПОНЕДЕЛЬНИК 11.06 | ВТОРНИК 12.06 | СРЕДА 13.06 | ЧЕТВЕРГ 14.06 | ПЯТНИЦА 15.06 | СУББОТА 16.06 | ВОСКРЕСЕНЬЕ 17.06 |
|-------|------------------------|----------------|-------------|---------------|---------------|---------------|----------------------|
| 7:30 | | | HATHA YOGA | | | | |
| 9:00 | | | STRONG | PUMP | MIND&BODY | | |
| 10:00 | | | | STRETCHING | INTERVAL | | |
| 10:30 | | | | | | | HATHA YOGA 90 мин |
| 11:00 | | | | | | | |
| 12:00 | КРУГОВАЯ ТРЕНИРОВКА | FUNCTIONAL | BASIC STEP | | | FUNCTIONAL | ZUMBA |
| 13:00 | ABS+STRETCHING | STRETCHING | PILATES | | | STRETCHING | STRONG |
| 14:00 | | CROSS TRAINING | | | | | ABS+STRETCHING |
| 18:30 | | | | | PILATES | | |
| 19:00 | | | STRETCHING | INTERVAL | | | |
| 19:30 | | | | | PUMP | | |
| 20:00 | | | ZUMBA | MIND&BODY | | | |
| | | | | CROSS TEAM | | | |
| 21:00 | | | BOXING | | BOXING | | |