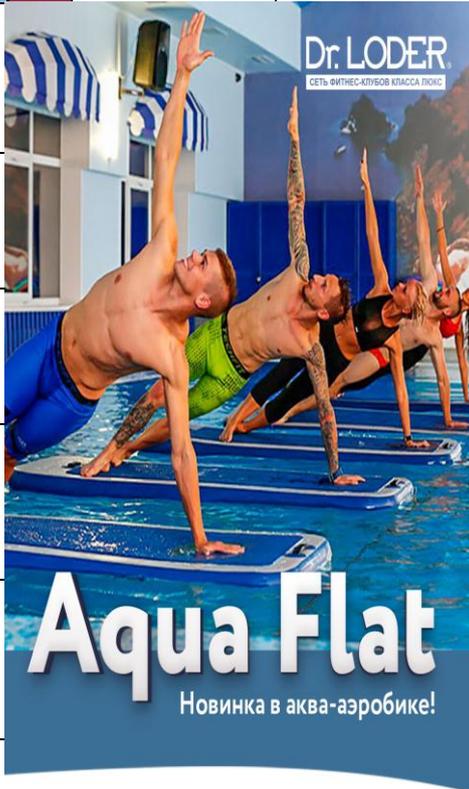


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:45		Aqua Noodles Nadia		Aqua Sculpt Nadia		12:15	THAI FIT® WATER Olga new!!!	Aqua ABS Nadia
10:15			Aqua Lower Body Valeriy		Aqua ABS Valeriy	13:00		
11:15	Aqua ABS Valeriy	Aqua Upper Body Nadia	AQUA FLAT \$\$\$ Valeriy 11:00		AQUA FLAT \$\$\$ Valeriy 11:00	14:15	Aqua Noodles Valeriy	
12:15				Aqua Mix Nadia				
12:30			Aqua ABS Valeriy					
13:00				AQUA FLAT \$\$\$ Nadia				
13:15					Aqua Mix Valeriy			
18:00								
19:00	new!!! AQUA FLAT YOGA \$\$\$ Olga							
19:30			Aqua Mix Марина					
19:45	new!!! OLGA AQUA ZUMBA	Aqua ABS Nadia		Aqua Sculpt Nadia				

- Функциональная тренировка на специальных досках Aqua Flat.
- Aqua Flat приводит тело в тонус, повышает уровень физической подготовки, а также развивает координацию и баланс.
- Подходит для любого уровня подготовки.

Урок проводится на коммерческой основе

AQUA MIX 45 min	<i>The lesson for fans prepared aqua aerobics that uses computed sets of exercises to work through all the muscle groups. lesson format allows the use of various equipment at the discretion of the instructor.</i>	Aqua ZUMBA 45 min	<i>Splash into 100% of positive emotions, 100% power training, 100% H2O! It is also simple choreography, accessible to everyone, a full cardio workout that improves overall tonification</i>
AQUA NOODLES 45 min	<i>The class is turned to working out of the main muscular groups (a back, abdominals, feet, hands) with the use of the special equipment.</i>	THAI FIT ® WATER 45 min	<i>High-intensity training. You improve the coordination, muscular strength and endurance, strengthen core muscles. Nice stress reducing also</i>
AQUA ABS 45 min	<i>Lesson mainly aimed at elaboration of the abdominal muscles. It is carried out using special equipment (gloves, belts, Noodles, aqua shoes, dumbbells).</i>	AQUA FLAT YOGA \$\$\$ 45 min	<i>Yoga class with a special unstable platform instead of the yoga mat. The newest aqua-fitness trend is Aqua yoga on an unstable water platform. Dynamic complexes of asanas in combination with a maximum concentration are very effective. Try your favorite lesson in a new format!</i>
AQUA LOWER BODY 45 min	<i>Lesson mainly aimed at strengthening the cardiovascular and respiratory system, as well as on the elaboration of the leg muscles.</i>	AQUA FLAT PILATES \$\$\$ 45 min	<i>Dynamic Pilates on a special unstable water platform. Looking for a change? The explosion of the system of intramuscular coordination and the full inclusion of the core muscles are waiting for you. Check for yourself.</i>
AQUA UPPER BODY 45 min	<i>Lesson mainly aimed at strengthening the cardiovascular and respiratory system, as well as on the elaboration of the arm muscles. It is carried out using specialized equipment.</i>	AQUA FLAT \$\$\$	<i>A lesson with the use of special equipment Aqua Flat. Training is aimed at strengthening all muscle groups and developing strength, endurance and coordination.</i>
AQUA SCULPT 45min	<i>The class is turned to working out of the main muscular groups (mainly muscles of feet and an abdominal tension). The training is provided with the use of special equipment.</i>		