

10 - 16 Juny

TIMETABLE OF GROUP CLASSES AQUA ZONE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday | Sunday |
|-------|-------------------------------|------------------------------------|--|-----------------------------|-----------------------------|-------|-----------------------------|-----------------------------|
| 9:00 | | | | | | 11:00 | <i>Aqua Mix Evgenia</i> | |
| 10:15 | | | <i>Aqua Lower Body Evgenia</i> | | | 12:15 | | <i>Aqua ABS Nadezda</i> |
| 11:00 | | | | | | 15:15 | | |
| 11:15 | <i>Aqua ABS Denis</i> | <i>Aqua Upper Body Nadezda</i> | | <i>Aqua Mix Evgenia</i> | | | | |
| 15:00 | | | | | <i>Aqua ABS Evgenia</i> | | | |
| 16:00 | | | | | | | | |
| 17:15 | | | | | | | | |
| 18:00 | | | | | | | | |
| 19:15 | | | | | | | | |
| 19:45 | | <i>Aqua Mix Denis</i> | | <i>Aqua ABS Denis</i> | | 19:45 | | |
| 20:30 | | | | | | 20:30 | | |

Fitness-manager Nesmeev Dmitry

d_nesmeev@loder.ru

TIMETABLE OF GROUP CLASSES AQUA ZONE

| | | | |
|---|---|---|--|
| <p align="center">AQUA MIX 45 min</p> | <p><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></p> | <p align="center">AQUA SCULPT 45min</p> | <p><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></p> |
| <p align="center">AQUA NOODLES 45 min</p> | <p><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></p> | <p align="center">AQUA UPPER BODY 45 min</p> | <p><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></p> |
| <p align="center">AQUA ABS 45 min</p> | <p><i>Lesson mainly aimed at elaboration of the abdominal muscles. It is carried out using special equipment (gloves, belts, Noodles, aqua shoes, dumbbells).</i></p> | <p align="center">AQUA FLAT \$\$\$ 30 min</p> | <p><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></p> |
| <p align="center">AQUA LOWER BODY 45 min</p> | <p><i>Lesson mainly aimed at strengthening the cardiovascular and respiratory system, as well as on the elaboration of the leg muscles.</i></p> | <p align="center">FREEDIVING \$\$\$ 45 min</p> | <p><i>A lesson that aimed at the development at the respiratory system while a long term breathholding</i></p> |