

9-15 September

TIMETABLE OF GROUP CLASSES AQUA ZONE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
11:00						11:00		<i>Aqua ABS Nadezhda</i>
11:15		<i>Aqua Upper Body Nadezhda</i>				12:15		
12:15						15:15		
19:45		<i>Aqua Mix Denis</i>						



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<p>AQUA MIX 45 min</p>	<p><i>Class for prepared fans of 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>AQUA ABS 45 min</p>	<p><i>Class mainly aimed to tone and strengthen the abdominal muscles. It is carried out using special equipment (gloves, belts, Noodles, aqua shoes, dumbbells).</i></p>
<p>AQUA LOWER BODY 45 min</p>	<p><i>Class mainly aimed at strengthening the cardiovascular and respiratory system, as well as the leg muscles.</i></p>		<p>AQUA UPPER BODY 45 min</p>	<p><i>Class mainly aimed at strengthening the cardiovascular and respiratory system, as well as the arm muscles. It is carried out using specialized equipment.</i></p>