Tunniplaan - Oktoober 2024

Kell	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev
		1	2	3	4	5	6
10:00							
11:00							
12:00							
13:00							
14:00			Pole Fitness | Rekap				Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Milena
17:00							
18:00				Pole Exotic | Irina			
19:00		Pole Fitness | Rekap	Pole Fitness | Ilona / Aerial Hammock | Rekap	Pole Fitness | Ilona	Pole Exotic | Helina		
20:00		Pole Exotic | Rekap / Acro Yoga - Jegor	Pole Exotic | Ilona	Pole Fitness | Ilona / Stretching | Rekap			
21:00							
	7	8	9	10	11	12	13
10:00							
11:00							
12:00							
13:00							
14:00			Pole Fitness | Rekap				Pole Fitness | Rekap
15:00							Pole Exotic | Irina
16:00							Stretching | Rekap
17:00							
18:00				Pole Exotic | Irina			
19:00	Pole Exotic | Irina	Pole Fitness | Anastassia	Pole Fitness | Ilona	Pole Fitness | Ilona	Pole Exotic | Helina		
20:00	Sensual Choreo | Irina	Pole Exotic | Helina / Acro Yoga - Jegor	Pole Exotic | Ilona	Pole Fitness | Ilona / Stretching | Irina			
21:00							
	14	15	16	17	18	19	20
10:00							
11:00							
12:00							
13:00							
14:00			Pole Fitness | Rekap				Pole Fitness | Rekap
15:00							Pole Exotic | Irina
16:00							Stretching | Rekap
17:00							
18:00	Pole Fitness | Rekap			Pole Exotic | Irina			
19:00	Pole Exotic | Irina	Pole Fitness | Rekap	Pole Fitness | Ilona / Aerial Hammock | Rekap	Pole Fitness | Ilona	Pole Exotic | Helina		
20:00	Sensual Choreo | Irina	Pole Exotic | Rekap / Acro Yoga - Jegor	Pole Exotic | Ilona	Pole Fitness | Ilona / Stretching | Rekap			
21:00							
	21	22	23	24	25	26	27
10:00							
11:00							
12:00							
13:00							
14:00			Pole Fitness | Rekap				Pole Fitness | Ilona
15:00							Pole Exotic | Irina
16:00							Stretching | Rekap
17:00							
18:00	Pole Fitness | Rekap			Pole Exotic | Irina			
19:00	Pole Exotic | Irina	Pole Fitness | Rekap	Pole Fitness | Ilona / Aerial Hammock | Rekap	Pole Fitness | Ilona	Pole Exotic | Helina		
20:00	Sensual Choreo | Irina	Pole Exotic | Rekap / Acro Yoga - Jegor	Pole Exotic | Ilona	Pole Fitness | Ilona / Stretching | Rekap			
21:00							
	28	29	30				
10:00							
11:00							
12:00							
13:00							
14:00			Pole Fitness | Rekap				
15:00							
16:00							
17:00							
18:00	Pole Fitness | Rekap						
19:00	Pole Exotic | Irina	Pole Fitness | Rekap	Pole Fitness | Ilona / Aerial Hammock | Rekap				
20:00	Sensual Choreo | Irina	Pole Exotic | Rekap / Acro Yoga - Jegor	Pole Exotic | Ilona				
21:00							

REKAP WOMAN SPACE
POSTITANTSU JA ENESEARENGU STUUDIO

Treening	Tase	Saal
Pole Fitness	Kesktase	Space 1
Pole Fitness	Algajad	Space 1
Pole Exotic	Kesktase	Space 1
Pole Exotic	Algajad	Space 1
Sensual Choreo | Irina	Kõik tasemed	Space 2
Stretching	Kõik tasemed	Space 2
Aerial Hammock | Rekap	Kõik tasemed	Space 2
Acro Yoga - Jegor	Kõik tasemed	Space 2