

LỊCH TẬP:

YOGA - BELLYDANCE - SALSA & ZUMBA - BUM'S & TUM'S

AEROBIC - STEPUP - PILATES ABS - DANCE FITNESS

Thời gian áp dụng: 01/03/17 - 30/03/17

Ngày - Giờ	Thứ 2	Thứ 3	Thứ 4	Thứ 5	Thứ 6	Thứ 7	Chủ nhật
06h00-07h00	YOGA(2) Ms Yến	YOGA(2) Mr Long	YOGA(2) Ms Yến	YOGA(2) Mr Long	YOGA(2) Ms Yến	YOGA(L1-3) Mr Long	
08h30-09h30	YOGA(2) Ms Hà	YOGA(2) Mr Trung	YOGA(2) Ms Hà	YOGA(2) Mr Trung	YOGA(2) Ms Hà		
12h-13h	PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa		
15h00-16h00	YOGA(2) Ms Loan	YOGA(2) Ms Hà	YOGA(2) Ms Loan	YOGA(2) Ms Hà	YOGA(2) Ms Trang	YOGA(2) Ms Hà	
15h30-16h30		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa	
16h10-17h10	DANCE-DANCE (L1-4) Mr Thành & Su		DANCE- DANCE (L1-4) Mr Thành & Su		DANCE - DANCE (L1-4) Mr Thành & Su		
16h15-17h15	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Thảo	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Thảo	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Thảo	
16h15-17h15		YOGA(2) Ms Trang		YOGA(2) Ms Trang		YOGA(2) Ms Trang	
17h00-18h00	AEROBIC (L1-3) Ms Trinh	BODY Conditioning (L1-3) Ms Issa	AEROBIC (L1-3) Ms Trinh	BODY Conditioning (L1-3) Ms Issa	AEROBIC (L1-3) Ms Trinh		
17h15-18h15		SALSA & ZUMBA (L1-4) Mr Maro		SALSA & ZUMBA (L1-4) Mr Maro		SALSA & ZUMBA (L1-4) Mr Maro	
19h00-20h00	BELLYDANCE (L1-P4) Ms Jolie	YOGA(2) Ms Hằng	BELLYDANCE (L1-P4) Ms Jolie	YOGA(2) Ms Hằng	BELLYDANCE & SEXYDANCE (L1-P4) Ms Jolie		
19h00-20h00	AEROBIC (L1-3) Ms Van		AEROBIC (L1-3) Ms Van		AEROBIC (L1-3) Ms Van		
19h20-20h20		STEPUP (L1-4) Ms Jolie		STEPUP (L1-4) Ms Jolie			
19h35-20h35	YOGA(2) Ms Hà		YOGA(2) Ms Hà		YOGA(2) Ms Hà		