**TIME – TABLE**

**Cardio Hall**

**Spring 2020**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **08:00-09:40** | Cardio 1  Gulnur Rakhmetova | Individual training | Individual training | Individual training | Cardio 1  Gulnur Rakhmetova | Individual training |
| **10:00-11:40** | Individual training | Cardio 7  Azhar Burkitbayeva | Individual training | Cardio 7  Azhar Burkitbayeva | Individual training | Individual training |
| **12:00-13:40** | Cardio 3  Gulnur Rakhmetova | Cardio 8  Azhar Burkitbayeva | Individual training | Cardio 8  Azhar Burkitbayeva | Cardio 3  Gulnur Rakhmetova | Individual training |
| **14:00-15:40** | Cardio 4  Azhar Burkitbayeva | Cardio 9  Gulnur Rakhmetova | Individual training | Cardio 9  Gulnur Rakhmetov | Cardio 4  Azhar Burkitbayeva | Individual training |
| **16:00-17:40** | Individual training | Cardio 10  Azhar Burkitbayeva | Individual training | Cardio 10  Azhar Burkitbayeva | Individual training | Individual training |
| **18:00-20:45** | Individual training | Individual training | Individual training | Individual training | Individual training | ---------------------- |