**TIME – TABLE**

**Yoga Hall**

**Spring 2020**

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| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **08:00-09:40** | Pilates 1  Marina Golubchenko | Pilates 4  Marina Golubchenko | Individual training | Pilates 4  Marina Golubchenko | Pilates 1  Marina Golubchenko | Individual training |
| **10:00-11:40** | Pilates 2  Marina Golubchenko | Pilates 5  Marina Golubchenko | Individual training | Pilates 5  Marina Golubchenko | Pilates 2  Marina Golubchenko | Individual training |
| **12:00-13:40** | Yoga 1  Mukhiyatbek Kadirov | Pilates 6  Marina Golubchenko | Individual training | Pilates 6  Marina Golubchenko | Yoga 1  Mukhiyatbek Kadirov | Individual training |
| **14:00-15:40** | Yoga 2  Mukhiyatbek Kadirov | Aerobics 1  Azhar Burkitbayeva | Individual training | Aerobics 1  Azhar Burkitbayeva | Yoga 2  Mukhiyatbek Kadirov | Individual training |
| **16:00-17:40** | Yoga 3  Mukhiyatbek Kadirov | Yoga 4  Mukhiyatbek Kadirov | Individual training | Yoga 4  Mukhiyatbek Kadirov | Yoga 3  Mukhiyatbek Kadirov | Individual training |
| **18:00-20:45** | Individual training | Individual training | Individual training | Individual training | Individual training | --------------------- |