**TIME – TABLE**

**Yoga Hall**

**Spring 2020**

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