

LỊCH TẬP:

YOGA - BELLYDANCE - SALSA & ZUMBA - BUM'S & TUM'S
AEROBIC - STEPUP - IPLATES ABS - DANCE FITNESS

Thời gian áp dụng: 01/06/16 - 30/06/16

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	
07h15-08h15	YOGA(2) Ms Yến	YOGA(2) Mr Hưng	YOGA(2) Ms Yến	YOGA(2) Mr Hưng	YOGA(2) Ms Yến	YOGA(L1-3) Mr Hưng	
07h30-08h30							
08h30-09h30	YOGA(2) Ms Hà	YOGA(2) Mr Trung	YOGA(2) Ms Hà	YOGA(2) Mr Trung	YOGA(2) Ms Hà		
10h00-11h00	DANCE (L1-4) FITNESS Ms Hoa		DANCE (L1-4) FITNESS Ms Hoa		DANCE (L1-4) FITNESS Ms Hoa		
12h00-13h00	YOGA(L1-4) Ms Huyền	YOGA(L1-4) Mr Trung	YOGA(L1-4) Ms Huyền	YOGA(L1-4) Mr Trung	YOGA(L1-4) Ms Huyền		
15h00-16h00	YOGA(2) Ms Loan	YOGA(2) Ms Hà	YOGA(2) Ms Loan	YOGA(2) Ms Hà	YOGA(2) Ms Trang		
15h10-16h10	AEROBIC (L1-4) Ms Cúc	AEROBIC (L1-4) Ms Cúc	AEROBIC (L1-4) Ms Cúc	AEROBIC (L1-4) Ms Cúc	AEROBIC (L1-4) Ms Cúc	AEROBIC (L1-4) Ms Cúc	
15h30-16h30		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa	
16h15-17h15	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Hoa	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Hoa	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Hoa	
16h15-17h15		YOGA(2) Ms Trang		YOGA(2) Ms Trang		YOGA(2) Ms Trang	
16h30-17h30	DANCE-DANCE (L1-4) Mr Kenny & Su		DANCE- DANCE (L1-4) Mr Kenny & Su		DANCE - DANCE (L1-4) MrKenny & Su		
17h00-18h00	AEROBIC (L1-3) Ms Nga	BODY Conditioning (L1-3) Ms Issa	AEROBIC (L1-3) Ms Nga	BODY Conditioning (L1-3) Ms Issa	AEROBIC (L1-3) Ms Nga		
17h15-18h15		SALSA & ZUMBA (L1-4) Mr Kenny		SALSA & ZUMBA (L1-4) Mr Kenny		SALSA & ZUMBA (L1-4) Mr Kenny	
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		