

LAIKAS	PIRMADIENIS	ANTRADIENIS	TREČIADIENIS	KETVIRTADIENIS	PENKTADIENIS
10:30 - 11:30		Kamuoliai (Sporto klubas ACTIVATED) Trenerė Ieva			Treniruotė su gumomis (Sporto klubas ACTIVATED) Trenerė Ieva
12:00 - 13:00	Kamuoliai (Sporto klubas ACTIVATED) Trenerė Ieva	Kalanetika (Sporto klubas ACTIVATED) Trenerė Ieva	Tabata (Sporto klubas ACTIVATED) Trenerė Ieva	Kūno dizainas (Sporto klubas ACTIVATED) Trenerė Ieva	Kalanetika (Sporto klubas ACTIVATED) Trenerė Ieva
17:15 - 18:45	Kalanetika (Sporto klubas ACTIVATED) Trenerė Ieva	Kūno dizainas (Sporto klubas ACTIVATED) Trenerė Ieva	Pilatesas (Sporto klubas ACTIVATED) Vyr. trenerė Irina	Kamuoliai (Sporto klubas ACTIVATED) Trenerė Ieva	

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 11:30		Balls training (Sports Club ACTIVATED) Coach Ieva			Band workout (Sports Club ACTIVATED) Coach Ieva
12:00 - 13:00	Balls training (Sports Club ACTIVATED) Coach Ieva	Callanetics (Sports Club ACTIVATED) Coach Ieva	Tabata (Sports Club ACTIVATED) Coach Ieva	Body design (Sports Club ACTIVATED) Coach Ieva	Callanetics (Sports Club ACTIVATED) Coach Ieva
17:15 - 18:45	Callanetics (Sports Club ACTIVATED) Coach Ieva	Body design (Sports Club ACTIVATED) Coach Ieva	Pilates (Sports Club ACTIVATED) Head Coach Irina	Balls training (Sports Club ACTIVATED) Coach Ieva	