

# LỊCH TẬP:

YOGA - BELLYDANCE - SALSA & ZUMBA - BUM'S & TUM'S

AEROBIC - STEPUP - PILATES ABS - DANCE FITNESS

Thời gian áp dụng: 01/04/18 - 30/4/18

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 Trung	YOGA(2) Ms Yến	YOGA(2) Mr Trung	YOGA(2) Ms Yến	YOGA(L1-3) Mr Trung	YOGA-Dhyana (L1-3) THIÊN Mr Ram
08h30-09h30	YOGA(2) Ms Hà	YOGA(2) Mr Trung	YOGA(2) Ms Hà	YOGA(2) Mr Trung	YOGA(2) Ms Hà		
12h00-13h00	YOGA(L1-4) Ms Trang	YOGA(L1-4) Mr Trung	YOGA(L1-4) Ms Trang	YOGA(L1-4) Mr Trung	YOGA(L1-4) Ms Trang		
15h00-16h00	YOGA(2) Ms Loan	YOGA(2) Ms Hà	YOGA(2) Ms Loan	YOGA(2) Ms Hà	YOGA(2) Ms Trang	YOGA(2) Ms Hà	
15h10-16h10	<b>AEROBIC (L1-4) Ms Cúc</b>	<b>AEROBIC (L1-4) Ms Cúc</b>	<b>AEROBIC (L1-4) Ms Cúc</b>	<b>AEROBIC (L1-4) Ms Cúc</b>	<b>AEROBIC (L1-4) Ms Cúc</b>	<b>AEROBIC (L1-4) Ms Cúc</b>	
15h30-16h30		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa	
16h10-17h10	DANCE-DANCE (L1-4) Ms Linh		DANCE- DANCE (L1-4) Ms Linh		DANCE - DANCE (L1-4) Ms Linh		
16h15-17h15	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Thảo	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Thảo	YOGA(2) Ms Loan	DANCE (L1-4) FITNESS Ms Thảo	
16h15-17h15		YOGA(2) Ms Trang		YOGA(2) Ms Trang		YOGA(2) Ms Trang	
16h30-17h30						<b>BODY Conditioning (L1-3) Ms Issa</b>	
17h00-18h00	<b>AEROBIC (L1-3) Ms Trinh</b>	BODY Conditioning (L1-3) Ms Issa	<b>AEROBIC (L1-3) Ms Trinh</b>	BODY Conditioning (L1-3) Ms Issa	<b>AEROBIC (L1-3) Ms Trinh</b>		
17h15-18h15		SALSA & ZUMBA (L1-4) Mr Tylor		SALSA & ZUMBA (L1-4) Mr Tylor		SALSA & ZUMBA (L1-4) Mr Tylor	
17h30-18h30						<b>AEROBIC (L1-3) Ms Van</b>	
18h00-19h00	BUM'S & TUM'S (L1-3) Mr Son Pham	<b>AEROBIC (L1-3) Ms Van</b>	BUM'S & TUM'S (L1-3) Mr Son Pham	<b>AEROBIC (L1-3) Ms Van</b>	BUM'S & TUM'S (L1-3) Mr Son Pham		
18h20-19h20		YOGA(L1-4) Ms Trang		YOGA(L1-4) Ms Trang			
19h00-20h00	BELLYDANCE (L1-P4) Ms Đoàn Trang	YOGA(2) Ms Hằng	BELLYDANCE (L1-P4) Ms Đoàn Trang	YOGA(2) Ms Hằng	BELLYDANCE & SEXYDANCE (L1-P4) Ms Đoàn Trang		
19h00-20h00	<b>AEROBIC (L1-3) Ms Thanh</b>		<b>AEROBIC (L1-3) Ms Thanh</b>		<b>AEROBIC (L1-3) Ms Thanh</b>		
19h20-20h20		STEPUP (L1-4) Mr Phúc		STEPUP (L1-4) Mr Phúc			
19h35-20h35	YOGA(2) Ms Hà		YOGA(2) Ms Hà		YOGA(2) Ms Hà		