**SCHEDULE**

***YOGA – DANCE FITNESS - BELLY & SEXY DANCE***

***SALSA & ZUMBA - AEROBIC***

**ADDRESS: 02 DINH TIEN HOANG, DA KAO WARD,**

**DISTRIST 1, HO CHI MINH CITY. TEL: (08) 3911 5666**

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|  | **Monday** | **Tuesday** | **Wednesday** | | | **Thursday** | | | **Friday** | | | **Saturday** | | |  | | |
| **06:30-07:30** | **YOGA (P3)**  **(Mr Long )** | **YOGA (P3)**  **(Ms Loan )** | **YOGA (P3)**  **( Mr Long )** | | | **YOGA (P3)**  **(Ms Loan )** | | | **YOGA (P3)**  **(Mr Long )** | | | **07:00 – 08:00**  **YOGA (P3)**  **(Ms Trang )** | | | C:\Users\Public\Pictures\YOG.png | | |
| **07:30-08:30** | **YOGA (P3)**  **(Ms Mai )** | **YOGA (P3)**  **(Ms Loan )** | **YOGA (P3)**  **( Ms Mai )** | | | **YOGA (P3)**  **(Ms Loan )** | | | **YOGA (P3)**  **(Ms Mai )** | | |
| **08:00-09:00** | **YOGA (P2)**  **( Ms Loan )** | **YOGA (P2)**  **( Ms Thu )** | **YOGA (P2)**  **( Ms Loan )** | | | **YOGA (P2)**  **( Ms Thu )** | | | **YOGA (P2)**  **( Ms Loan )** | | | **YOGA (P2)**  **( Ms Thu )** | | |
| **12:00-13:00** |  | **YOGA (P2)**  **(Ms Kim Anh)** |  | | | **YOGA (P2)**  **(Ms Kim Anh)** | | |  | | |  | | |
| **15:30-16:30** |  | **YOGA (P3)**  **(Ms Kim Anh)** |  | | | **YOGA (P3)**  **(Ms Kim Anh)** | | |  | | | **YOGA (P3)**  **(Ms Kim Anh)** | | |
| **16:30- 17:30** | **YOGA (P3)**  **(Ms Hằng )** | **YOGA (P3)**  **(Mr Cường)** | **YOGA (P3)**  **(Ms Hằng )** | | | **YOGA (P3)**  **(Mr Cường)** | | | **YOGA (P3)**  **(Ms Hằng )** | | | **YOGA (P3)**  **(Mr Cường)** | | |
| **18:30-19:30** | **YOGA (P3)**  **( Mr Trung )** | **YOGA (P3)**  **(Ms Kim Anh)** | **YOGA (P3)**  **(Mr Trung)** | | | **YOGA (P3)**  **(Ms Kim Anh)** | | | **YOGA (P3)**  **( Mr Trung )** | | |  | | |
| **19:30-20:30** | **YOGA (P3)**  **( Ms Hồng)** | **YOGA (P3)**  **( Ms Hằng)** | **YOGA (P3)**  **( Ms Hồng)** | | | **YOGA (P3)**  **( Ms Hằng)** | | | **YOGA (P3)**  **( Ms Hồng)** | | |  | | |
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| **05:30-06:30** | **AEROBIC (P1)**  **( Ms Phước )** | **AEROBIC (P1)**  **( Ms Tuyền )** | | | **AEROBIC (P1)**  **( Ms Phước)** | | | **AEROBIC (P1)**  **( Ms Tuyền)** | | | **AEROBIC (P1)**  **( Ms Phước)** | | | **AEROBIC (P1)**  **( Ms Tuyền)**  **(6:00-7:00)** | | **C:\Users\Public\Pictures\aerobic 1.png** | |
| **06:30-07:30** | **AEROBIC (P1)**  **( Ms Phước )** | **AEROBIC (P1)**  **( Ms Tuyền)** | | | **AEROBIC (P1)**  **( Ms Phước)** | | | **AEROBIC (P1)**  **( Ms Tuyền)** | | | **AEROBIC (P1)**  **( Ms Phước )** | | |
| **15:00-16:00** | **AEROBIC (P1)**  **( Ms Phước)** | **AEROBIC (P1)**  **( Ms Trinh)** | | | **AEROBIC (P1)**  **( Ms Phước)** | | | **AEROBIC (P1)**  **( Ms Trinh)** | | | **AEROBIC (P1)**  **( Ms Phước)** | | | **AEROBIC (P1)**  **( Ms Trinh)** | |
| **17:15-18:15** | **AEROBIC (P1)**  **( Ms Xuân )** | **AEROBIC (P1)**  **( Ms Tuyền )** | | | **AEROBIC (P1)**  **( Ms Xuân )** | | | **AEROBIC (P1)**  **( Ms Tuyền )** | | | **AEROBIC (P1)**  **( Ms Xuân )** | | | **AEROBIC (P1)**  **(Ms Tuyền)** | |
| **18:15-19:15** | **AEROBIC (P1)**  **( Ms Xuân )** | **AEROBIC (P1)**  **( Ms Tuyền )** | | | **AEROBIC (P1)**  **( Ms Xuân )** | | | **AEROBIC (P1)**  **( Ms Tuyền )** | | | **AEROBIC (P1)**  **( Ms Xuân )** | | |  | |
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|  | **Monday** | **Tuesday** | | **Wednesday** | | | **Thursday** | | | **Friday** | | | **Saturday** | | | |  |
| **12:00 - 13:00** | **ZUMBA DANCE (P1)**  **( Mr Long )** |  | | **ZUMBA DANCE (P1)**  **( Mr Long )** | | |  | | | **ZUMBA DANCE (P1)**  **( Mr Long )** | | |  | | | | **C:\Users\Public\Pictures\aeee.png** |
| **12:00 - 13:00** |  | **SEXY**  **DANCE (P1)**  **( Mr Thành )** | |  | | | **SEXY**  **DANCE (P1)**  **( Mr Thành )** | | |  | | |  | | | |
| **17:30 - 18:30** |  | **ZUMBA**  **DANCE (P2)**  **( Mr Long )** | |  | | | **ZUMBA DANCE (P2)**  **( Mr Long )** | | |  | | | **DANCE FITNESS (P2)**  **( Ms.Thảo)** | | | |
| **18:30 - 19:30** |  | **DANCE FITNESS (P2)**  **( Ms.Thảo)** | |  | | | **DANCE FITNESS (P2)**  **( Ms.Thảo)** | | |  | | |  | | | |
| **18:00 - 19:00** | **Salsa (P2)**  **( Mr Thành )** |  | | **Salsa (P2)**  **( Mr Thành )** | | |  | | | **Salsa (P2)**  **( Mr Thành )** | | |  | | | |
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