**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)** |  |
|  |
| **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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