

# HOT DEAL

## LỊCH TẬP:

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

Thời gian áp dụng:

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		
15h00-16h00						<b>BODY Conditioning(L1-3)</b> Ms Issa	
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)</b> <b>Ms Cúc</b>	<b>AEROBIC (L1-4)</b> <b>Ms Cúc</b>	<b>AEROBIC (L1-4)</b> <b>Ms Cúc</b>	<b>AEROBIC (L1-4)</b> <b>Ms Cúc</b>	<b>AEROBIC (L1-4)</b> <b>Ms Cúc</b>	<b>AEROBIC (L1-4)</b> <b>Ms Cúc</b>	
15h30-16h30		PILATES ABS (L1-3) Ms. Issa		PILATES ABS (L1-3) Ms. Issa		BODY Conditioning (L1-3) Ms Issa	
16h10-17h10	<b>DANCE-DANCE (L1-4)</b> Ms Linh		<b>DANCE- DANCE (L1-4)</b> Ms Linh		<b>DANCE - DANCE (L1-4)</b> Ms Linh		
16h15-17h15	YOGA(2) Ms Loan	<b>DANCE (L1-4)</b> <b>FITNESS</b> Ms Thảo	YOGA(2) Ms Loan	<b>DANCE (L1-4)</b> <b>FITNESS</b> Ms Thảo	YOGA(2) Ms Loan	<b>DANCE (L1-4)</b> <b>FITNESS</b> Ms Thảo	
16h15-17h15						YOGA(2) MsTrang	
17h00-18h00	<b>AEROBIC (L1-3)</b> <b>Ms Giang</b>	<b>BODY Conditioning (L1-3)</b> Ms Issa	<b>AEROBIC (L1-3)</b> <b>Ms Giang</b>	<b>BODY Conditioning (L1-3)</b> Ms Issa	<b>AEROBIC (L1-3)</b> <b>Ms Giang</b>		
17h15-18h15		<b>SALSA &amp; ZUMBA (L1-4)</b> Mr Tyler		<b>SALSA &amp; ZUMBA (L1-4)</b> Mr Tyler		<b>SALSA &amp; ZUMBA (L1-4)</b> Mr Tyler	
18h00-19h00	<b>BUM'S &amp; TUM'S (L1-3)</b> Mr Son Pham	<b>AEROBIC (L1-3)</b> <b>Ms Van</b>	<b>BUM'S &amp; TUM'S (L1-3)</b> Mr Son Pham	<b>AEROBIC (L1-3)</b> <b>Ms Van</b>	<b>BUM'S &amp; TUM'S (L1-3)</b> Mr Son Pham		
19h00-20h00	<b>BELLYDANCE (L1-P4)</b> Ms Doan Trang		<b>BELLYDANCE (L1-P4)</b> Ms Doan Trang		<b>BELLYDANCE &amp; SEXYDANCE (L1-P4)</b> Ms Doan Trang		
19h00-20h00	<b>AEROBIC (L1-3)</b> <b>Ms Chi</b>		<b>AEROBIC (L1-3)</b> <b>Ms Chi</b>		<b>AEROBIC (L1-3)</b> <b>Ms Chi</b>		
19h35-20h35	YOGA(2) Ms Hà		YOGA(2) Ms Hà		YOGA(2) Ms Hà		