


Tunniplaan - 2023 Jaanuar

Kell	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev	
	30	31					1	
10:00								
11:00								
12:00								
13:00			Treening	Tase	Saal			
14:00			Pole Fitness	Kesktase	Space 1			
15:00			Pole Fitness	Algajad	Space 1			
16:00			Pole Exotic	Kesktase	Space 1			
17:00			Pole Exotic	Algajad	Space 1			
18:00	Pole Exotic Rekap	Kids Pole Fitness Julia PRIVATE COURSE	Chair Dance Julia	Strip Choreo	Kõik tasemed		Space 2	
19:00	Pole Fitness Liubov Strip Choreo Irina	Pole Fitness Ilona	Strip Choreo Julia	Stretching	Kõik tasemed		Space 2	
20:00	PRIVATE COURSE	Stretching Liubov	Pole Exotic Ilona	Aerial Mix	Kõik tasemed		Space 2	
21:00	PRIVATE COURSE		Chair Dance	Kõik tasemed	Space 1			
	2	3	4	5	6		7	8
10:00								
11:00								
12:00								
13:00								
14:00							Pole Exotic Julia	
15:00							Pole Fitness Julia	
16:00							Stretching Julia	
17:00					Kids Pole Fitness Julia			
18:00	Pole Exotic Irina			Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Julia		
19:00	Pole Fitness Liubov	Strip Choreo Irina	Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Irina	Stretching Liubov	Pole Fitness Ilona	
20:00		Stretching Liubov	Pole Exotic Ilona	Pole Fitness Liubov		Pole Exotic Julia	Stretching Rekap	
21:00								
	9	10	11	12	13	14	15	
10:00								
11:00								
12:00								
13:00								
14:00							Pole Exotic Julia	
15:00							Pole Fitness Julia	
16:00							Stretching Julia	
17:00					Kids Pole Fitness Julia			
18:00	Pole Exotic Rekap	Kids Pole Fitness Julia PRIVATE COURSE	Chair Dance Julia		Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Julia	
19:00	Pole Fitness Liubov	Strip Choreo Irina	Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Milena	Chair Dance Rekap	Pole Fitness Ilona	
20:00	PRIVATE COURSE	Stretching Liubov	Pole Exotic Ilona	Pole Fitness Liubov	PRIVATE COURSE	Pole Exotic Julia	Stretching Rekap	
21:00	PRIVATE COURSE							
	16	17	18	19	20	21	22	
10:00								
11:00								
12:00								
13:00								
14:00							Pole Exotic Julia	
15:00							Pole Fitness Julia	
16:00							Stretching Julia	
17:00					Kids Pole Fitness Julia			
18:00	Pole Exotic Rekap	Kids Pole Fitness Julia PRIVATE COURSE	Chair Dance Julia		Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Julia	
19:00	Pole Fitness Liubov	Strip Choreo Irina	Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Milena	Chair Dance Rekap	Pole Fitness Ilona	
20:00	PRIVATE COURSE	Stretching Liubov	Pole Exotic Ilona	Pole Fitness Liubov	PRIVATE COURSE	Pole Exotic Julia	Stretching Rekap	
21:00	PRIVATE COURSE							
	23	24	25	26	27	28	29	
10:00								
11:00								
12:00								
13:00								
14:00							Pole Exotic Julia	
15:00							Pole Fitness Julia	
16:00							Stretching Julia	
17:00					Kids Pole Fitness Julia			
18:00	Pole Exotic Rekap	Kids Pole Fitness Julia PRIVATE COURSE	Chair Dance Julia		Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Julia	
19:00	Pole Fitness Liubov	Strip Choreo Irina	Pole Fitness Ilona	Strip Choreo Irina	Pole Exotic Milena	Chair Dance Rekap	Pole Fitness Ilona	
20:00	PRIVATE COURSE	Stretching Liubov	Pole Exotic Ilona	Pole Fitness Liubov	PRIVATE COURSE	Pole Exotic Julia	Stretching Rekap	
21:00	PRIVATE COURSE							