Tunniplaan - 2024 Aprill

Kell	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev
	1	2	3	4	5	6	7
10:00							
11:00							
12:00							
13:00							
14:00							Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Anastassia
17:00					Strip Choreo | Milena		
18:00	Pole Exotic | Irina		Pole Exotic | Sasha	Pole Fitness | Ilona	Pole Exotic | Milena		Pole Exotic | Sasha
19:00	Pole Fitness | Liubov / Strip Choreo | Irina	Pole Fitness | Ilona / Strip Choreo | Milena	Pole Fitness | Milena	Pole Fitness | Ilona			
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Milena	Pole Exotic | Milena	Pole Exotic | Irina			
21:00	PRIVATE COURSE						
	8	9	10	11	12	13	14
10:00							
11:00							
12:00							
13:00							
14:00							Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00					Strip Choreo | Milena		
18:00	Pole Exotic | Irina		Pole Exotic | Sasha	Pole Fitness | Ilona	Pole Exotic | Milena		Pole Exotic | Sasha
19:00	Pole Fitness | Milena / Strip Choreo | Irina	Pole Fitness | Ilona / Strip Choreo | Milena	Pole Fitness | Milena	Pole Fitness | Ilona / PRIVATE COURSE			
20:00	Stretching | Milena	Pole Exotic | Milena	Pole Exotic | Milena / PRIVATE COURSE	Pole Exotic | Irina / Stretching | Rekap			
21:00							
	15	16	17	18	19	20	21
10:00							
11:00							
12:00							
13:00							
14:00							Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00					Strip Choreo | Milena		
18:00	Pole Exotic | Irina	PRIVATE COURSE	Pole Exotic | Sasha	Pole Fitness | Ilona	Pole Exotic | Milena		Pole Exotic | Sasha
19:00	Pole Fitness | Liubov / Strip Choreo | Irina	Pole Fitness | Ilona / Strip Choreo | Milena	Pole Fitness | Milena	Pole Fitness | Ilona / PRIVATE COURSE			
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Milena	Pole Exotic | Milena / PRIVATE COURSE	Pole Exotic | Irina / Stretching | Rekap			
21:00	PRIVATE COURSE						
	22	23	24	25	26	27	28
10:00							
11:00							
12:00							
13:00							
14:00							Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00					Strip Choreo | Rekap		
18:00	Pole Exotic | Irina	PRIVATE COURSE	Pole Exotic | Sasha	Pole Fitness | Ilona	Pole Exotic | Rekap		Pole Exotic | Sasha
19:00	Pole Fitness | Liubov / Strip Choreo | Irina	Pole Fitness | Ilona / Strip Choreo | Milena	Pole Fitness | Milena	Pole Fitness | Ilona / PRIVATE COURSE			
20:00	PRIVATE COURSE / Stretching | Irina	Pole Exotic | Milena	Pole Exotic | Milena / PRIVATE COURSE	Pole Exotic | Irina / Stretching | Rekap			
21:00	PRIVATE COURSE						
	29	30					
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00	Pole Exotic | Irina	PRIVATE COURSE					
19:00	Pole Fitness | Liubov / Strip Choreo | Irina	Pole Fitness | Ilona / Strip Choreo | Milena					
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Milena					
21:00	PRIVATE COURSE						

Treening	Tase	Saal
Pole Fitness	Kesktase	Space 1
Pole Fitness	Algajad	Space 1
Pole Exotic	Kesktase	Space 1
Pole Exotic	Algajad	Space 1
Strip Choreo	Kõik tasemed	Space 2
Stretching	Kõik tasemed	Space 2
Aerial Mix	Kõik tasemed	Space 2
Chair Dance	Kõik tasemed	Space 1
Pole Flow	Kõik tasemed	Space 1

Rekap POLE SPACE