Tunniplaan - 2024 juuli

Kell	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev
	1	2	3	4	5	6	7
10:00							
11:00							
12:00							
13:00						Pole Fitness | Elina	
14:00						Pole Exotic | Elina	Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00							
18:00	Pole Exotic | Irina	PRIVATE COURSE			Pole Exotic | Marina		
19:00	Pole Fitness | Liubov	Pole Fitness | Rekap	Pole Exotic | Elina	Pole Fitness | Ilona / Strip Choreo | Rekap			
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Rekap	Pole Fitness | Elina / PRIVATE COURSE	Pole Exotic | Irina / Stretching | Rekap			
21:00	PRIVATE COURSE		Pole Exotic | Marina				
	8	9	10	11	12	13	14
10:00							
11:00							
12:00							
13:00						Pole Fitness | Elina	
14:00						Pole Exotic | Elina	Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00							
18:00	Pole Exotic | Irina	PRIVATE COURSE			Pole Exotic | Marina		
19:00	Pole Fitness | Liubov	Pole Fitness | Rekap	Pole Exotic | Elina	Pole Fitness | Ilona / Strip Choreo | Rekap			
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Rekap	Pole Fitness | Elina / PRIVATE COURSE	Pole Exotic | Irina / Stretching | Rekap			
21:00	PRIVATE COURSE		Pole Exotic | Marina				
	15	16	17	18	19	20	21
10:00							
11:00							
12:00							
13:00						Pole Fitness | Elina	
14:00						Pole Exotic | Elina	Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00							
18:00	Pole Exotic | Irina	PRIVATE COURSE			Pole Exotic | Marina		
19:00	Pole Fitness | Liubov	Pole Fitness | Rekap	Pole Exotic | Elina	Pole Fitness | Ilona / Strip Choreo | Rekap			
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Rekap	Pole Fitness | Elina / PRIVATE COURSE	Pole Exotic | Irina / Stretching | Rekap			
21:00	PRIVATE COURSE		Pole Exotic | Marina				
	22	23	24	25	26	27	28
10:00							
11:00							
12:00							
13:00						Pole Fitness | Elina	
14:00						Pole Exotic | Elina	Pole Fitness | Ilona
15:00							Pole Exotic | Ilona
16:00							Stretching | Rekap
17:00							
18:00	Pole Exotic | Irina	PRIVATE COURSE			Pole Exotic | Marina		
19:00	Pole Fitness | Liubov	Pole Fitness | Rekap	Pole Exotic | Elina	Pole Fitness | Ilona / Strip Choreo | Rekap			
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Rekap	Pole Fitness | Elina / PRIVATE COURSE	Pole Exotic | Elina / Stretching | Rekap			
21:00	PRIVATE COURSE		Pole Exotic | Marina				
	29	30	31				
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00	Pole Exotic | Rekap	PRIVATE COURSE					
19:00	Pole Fitness | Liubov	Pole Fitness | Rekap	Pole Exotic | Elina				
20:00	PRIVATE COURSE / Stretching | Liubov	Pole Exotic | Rekap	Pole Fitness | Elina / PRIVATE COURSE				
21:00	PRIVATE COURSE		Pole Exotic | Marina				

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

Rekap POLE SPACE