

DanceFlow Dance and Fitness Studio for Ladies

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2018. NOVEMBER - DECEMBER

Terem	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							Dance Pole
08.30 - 09.30	Anett bodyART EN <i>registr. req'd</i>	Talli Hatha and spine yoga EN <i>registr. req'd</i>	Anett deepWork+ bodyART EN <i>registr. req'd</i>	Kati SpineUP! <i>registr. req'd</i>	Anett TRX Flow EN <i>registr. req'd</i>		
09.30 - 10.30	Anett TRX Flow EN <i>registr. req'd</i>	Kati Mom&Baby <i>registr. req'd</i>	Anett TRX Flow EN <i>registr. req'd</i>	Kati Mom&Baby <i>registr. req'd</i>	Szilvi Heels! StilettoTraining EN <i>registr. req'd</i>	Barbi Pole Fitness 1.0 EN <i>registr. req'd</i>	
10.30 - 11.30					Szilvi Beautyrobic EN <i>registr. req'd</i>		10:00!!! Annamari / Marietta Beautyrobic
11.30 - 12.30							11:00!!! Annamari / Marietta Hot stretch & Relax <i>registr. req'd</i>
12.30 - 13.30							
13.30 - 14.30							
15.00 - 16.00							
16.00 - 17.00		Barbi Pole Kid	Timi Teen Dance		Barbi Pole Kid		
17.00 - 18.00	Imi Adult Ballet <i>registr. req'd</i>	Barbi Pole Kid	Kati SpineUP! <i>registr. req'd</i>	Timi Classical Ballet Kids (3-6 yrs)	Imi Adult Ballet	Barbi Pole Kid	Imi Adult Ballet Class
18.00 - 19.00	Szilvi Heels! Stiletto dance EN <i>registr. req'd</i>	Kati TRX Dynamic <i>registr. req'd</i> EN	Imi Adult Ballet BEGINNER	Barbi Pole Fitness 1- 2.0	Szilvi / Timi Heels! Stiletto dance EN <i>registr. req'd</i>	Rita Core&Body <i>registr. req'd</i>	
19.00 - 20.00	Saci NIA	Annamari Beautycore	Réka Barre Workout EN	Szilvi Beautyrobic	Barbi Stretching	Rita Bailar <i>registr. req'd</i>	
20.00 - 21.00	Annamari Beautyrobic			Anett TRX Flow EN <i>registr. req'd</i>			