

08.10.11 Programma:

- 10:00 – 13:30 aerobikas maratons
- 10:00 – 13:00 bezmaksas masāža (apakšes zona)
- 12:00 – 12:45 iepazīšanas ar tr. Zālem
- 13:30 – 13:50 Priekšniesums
- 14:00 – 18:00 turpmak aerobikas maratons
- 14:30 – 17:30 bezmaksas masāža (apakšes zona)
- 15:00 – 15:45 iepazīšanas ar tr. Zālem
- 18:00 – 18:45 iepazīšanas ar tr. Zālem

Maratons 10:00 - 13:30

- 10:00 – 10:20 Face fitness (Aļona)
- 10:30 – 11:30 Pilates -problemas ar muguru(Tatjana)
- 11:40 – 12:00 Step (Veronika)
- 12:10 – 12:20 Body Sculptura (Tatjana)
- 12:30 – 12:50 Body Pump (Diana, Veronika)
- 13:00 – 13:20 Super ABD (Aļona)

Maratons 14:00 – 18:00

- 14:00 – 14:20 Face fitness (Aļona)
- 14:30 – 14:50 Lady Fitness (Nata)
- 15:00 – 15:20 Body Architect (Tatjana)
- 15:30 – 15:50 TBC (Nata)
- 16:00 – 16:20 Body Pump (Diana, Veronika)
- 16:30 – 16:50 Strip Plastica (Veronika)
- 17:00 – 17:20 Step Dance (Ieva)
- 17:30 – 17:50 Stratch (Ieva)