

Schedule, January, 3 2021, Zhukovskogo, 49

Monday	Time	Class	Teacher	Room	Thursday	Time	Class	Teacher	Room
	09:00 - 10:25	Beginner	Stanislav Bogdanov	1		08:00 - 09:25	Beginner - 2	Rostislav Vasiliev	1
	11:00 - 12:55	Individual programs	Tatiana Borodaenko	2		10:00 - 11:25	Beginner	Yulia Mayboroda	1
	13:00 - 14:25	Beginner - 2	Tatiana Borodaenko	1		12:00 - 13:25	Restorative+pranayama	Yulia Mayboroda	1
	15:00 - 15:40	Children (online)	Anastasia Magunova			15:00 - 15:40	Children (online)	Anastasia Magunova	
	16:30 - 17:55	Antistress	Sofia Bystrova	1		15:30 - 16:55	Beginner	Irina Gorid	1
	18:00 - 19:25	Beginner - 2	Viktoria Rutenko	1		18:30 - 19:55	Healthy Back	Svetlana Levsha	1
	18:30 - 19:55	Intermediate	Tatiana Borodaenko	2		19:00 - 20:40	Introductory - 2-3	Anatoliy Samsonov	2
	20:00 - 21:25	Healthy Back	Viktoria Rutenko	2		20:30 - 21:55	Women/men	Svetlana Levsha	1
	20:30 - 21:55	Beginner	Tatiana Borodaenko	1					

Tuesday	Time	Class	Teacher	Room	Friday	Time	Class	Teacher	Room
	10:30 - 11:55	Beginner	Tatiana Borodaenko	1		10:30 - 11:55	Beginner	Maria Belyaeva	1
	12:30 - 13:55	Lungs and breathing system	Tatiana Borodaenko	1		12:30 - 13:55	Restorative+pranayama	Maria Belyaeva	1
	14:30 - 15:55	Beginner	Tatiana Afanasieva	1		14:30 - 15:55	Beginner	Tatiana Afanasieva	2
	16:30 - 17:55	Healthy Back	Elena Komarova	1		16:30 - 17:55	Women/men	Tatiana Afanasieva	2
	18:30 - 19:55	Beginner	Alexandr Zagrebin	1		18:00 - 19:30	Beginner	Anatoliy Samsonov	2
	19:00 - 20:40	Introductory - 4-5	Anastasia Magunova	2		18:30 - 19:55	Beginner - 2	Alexandr Zagrebin	1
20:30 - 21:55	Beginner - 2	Alexandr Zagrebin	1	20:00 - 21:30	Healthy Back	Anatoliy Samsonov	2		
				20:30 - 21:55	Beginner	Alexandr Zagrebin	1		

Wednesday	Time	Class	Teacher	Room	Saturday	Time	Class	Teacher	Room
	08:00 - 09:25	Beginner	Rostislav Vasiliev	1		10:00 - 11:25	Beginner/Beginner - 2	Mila Panova	1
	10:00 - 11:25	Healthy Back	Irina Shevelenko	1		12:00 - 13:25	Healthy Back	Mila Panova	1
	12:00 - 13:25	Beginner	Irina Shevelenko	1		14:00 - 15:55	Intensive	Tatiana Borodaenko	1
	16:30 - 17:55	Women/men	Mila Panova	1		16:30 - 17:55	Beginner	Tatiana Borodaenko	1
	18:30 - 19:55	Beginner - 2	Mila Panova	1					
	19:30 - 20:55	Beginner	Elena Kochkurova	2	Sunday	10:00 - 11:25	Beginner/Beginner - 2	Rostislav Vasiliev	1
20:30 - 22:10	Introductory - 1	Mila Panova	1	12:00 - 13:25		Women/men + face- voga	Irina Shevelenko	1	
				14:00 - 15:25		Beginner	Irina Shevelenko	1	
				16:00 - 17:25		Healthy Back	Svetlana Levsha	1	
				18:00 - 19:25		Restorative	Svetlana Levsha	1	

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