**AEROBIKAS ZĀLES GRAFIKS 2018./2019.g.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Pirmdiena** | **Otrdiena** | **Trešdiena** | **Ceturtdiena** | **Piektdiena** | **Sestdiena** | **Svētdiena** |
|  | **8:30** |  | **8:00** |  | **8:00 – 9:30** |  |
|  | **MF II k.** |  | **JSPS** |  | **Tibetas CIGUN****Jānis Vagals** |  |
| **10:30** | **10:30** | **10:30** | **10:30** |  |  |  |
| **LF,VMF I k.** | **ITF I k.** | **TF I k.** | **VBF I k.** |  |  |  |
| **12:00** |  |  |  | **12:00** |  |  |
| **Inta Ozola** |  |  |  | **Inta Ozola** |  |  |
| **12:30** | **12:30** | **12:30** | **12:30** |  |  |  |
| **LF, VMF II k.** | **PTF, ESAF I k.** | **MF I k.** | **TF II k.** |  |  |  |
| **14:30** | **14:30** | **14:30** | **14:30** |  |  |  |
| **ITF II k.** | **PTF, ESAF II k.** |  | **VBF II k.** |  |  |  |
| **15:00** | **15:45**  | **15:30**  | **14:30**  | **15:00**  |  |  |
| **JSPS** | **JSPS** | **JSPS** | **JSPS** | **JSPS** |  |  |
|  |
| **17:10 – 18:10** | **17:45 – 18:45** | **17:10 – 18:10** | **17:45 – 18:45** | **17:30 – 21:00** |  |  |
| **Vesela mugura Linda Rimgaile** | **Aerobika****Inta Ozola** | **Vesela mugura****Linda Rimgaile** | **Aerobika**  **Inta Ozola** | **Capoeira**  **Edvards Veļa** |  |  |
| **18:15 – 19:15** | **19:00 – 20:00** | **18:15 – 19:15** | **19:00 – 20:00** |  |  |  |
| **Aerobika**  **Inta Ozola** | **Pilates** **Inta Ozola** | **Ārstnieciskā vingrošana L.Rimgaile** | **Pilates**  **Inta Ozola** |  |  |  |
| **19:15 – 20:15** | **20:15 – 21:15** | **19:15- 20:15** | **20:15 – 21:15** |  |  |  |
| **Joga** **Anželika Paegle** | **Aerobika****Ilze Troice-Neilande** | **Joga**  **Anželika Paegle** | **Aerobika****Ilze Troice-Neilande** |  |  |  |
| **20:20 – 21:20** |  | **20:20 – 21:20** |  |  |  |  |
|  |  | **Aerobika****Ilze Troice-Neilande** |  |  |  |  |