

## Vadim's timetable at ISZ

*We make fitness fun, and keep the motivation level high!*

|                      | Monday                                     | Tuesday           | Wednesday                           | Thursday             | Friday                                    | Saturday                   |
|----------------------|--|-------------------|-------------------------------------|----------------------|---|----------------------------|
| <b>8.00 – 9.30</b>   | Yoga. Strength-Alignment-Balance           | Yoga upon request | Yoga. Complete lesson.              | Yoga upon request    | Yoga. Flexibility and alignment           |                            |
| <b>9.00 – 10.30</b>  |  |                   |                                     |                      |   | Kickboxing (women's class) |
| <b>15.15 – 16.15</b> | Shito Ryu Karate (kids)                    |                   | Shito Ryu Karate (kids)             |                      | Shito Ryu Karate (kids)                   |                            |
| <b>16.30 - 17.00</b> | Yoga. Strength-Alignment-Balance (Level 2) |                   | Cross-fit (cardio circuit training) |                      | Yoga. Flexibility and alignment (Level 2) |                            |
| <b>17.00 – 17.30</b> |  |                   |                                     | Kickboxing (unisex:) |   | Fight club (men's class)   |
| <b>17.30 – 18.00</b> |  |                   | Cross-fit (cardio circuit training) |                      |   |                            |
| <b>18.00 – 18.30</b> |  |                   |                                     |                      |   |                            |

**Vadim's phone number +255 773 971 367**

Private lessons are available on request. <http://yoga-warrior.ru/>