

## Active Motion Studio (Pramonės pr. 22)

Schedule for 2019–2020 Spring Semester

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00–17:00	8:00–17:00 Individual training	8:00–17:00 Individual training	8:00–17:00 Individual training	8:00–17:00 Individual training	8:00–16:00 Individual training
		13:30–14:30 Cross-training* (trainer Laura)	12:40–13:40 Cross-training* (trainer Laura)	10:00–11:00 Cross-training* (trainer Laura)	
18:00	18:45–21:15 Folk dances	18:30–19:30 Yoga ("Judėk sveikai")	18:45–21:15 Folk dances	18:30–19:30 Yoga ("Judėk sveikai")	
19:00		19:30–20:30 Strong by Zumba ("Judėk sveikai")		19:30–20:30 Strong by Zumba ("Judėk sveikai")	

\***Registration needed:** Laura Mekšriūnienė. tel. +370 673 78614, e-mail: [laura.meksriuniene@go.kauko.lt](mailto:laura.meksriuniene@go.kauko.lt)

## Body Design Studio (Pramonės pr. 22)

Schedule for 2019–2020 Spring Semester

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
9:00					
10:00					
11:00	11:40–12:40 Yoga* (trainer Ingrida)	8:00–16:00 Individual training	8:00–16:00 Individual training	8:00–16:00 Individual training	8:00–16:00 Individual training
12:00					
13:00	13:30–14:30 Interval training* (trainer Ingrida)				
14:00					
15:00					
16:00			16:00–17:00 Physical training* (trainer Ingrida)		
17:00	17:00–18:00 Ball training* (trainer Ingrida)		17:00–18:00 Body design* (trainer Ingrida)		

**\*Registration needed:** Ingrida Lavinskienė, tel. +370 659 95188, e-mail: [ingrida.lavinskiene@go.kauko.lt](mailto:ingrida.lavinskiene@go.kauko.lt)