

Program antrenamente
Centrul - Stefan cel Mare, Sector 2, Bucuresti

	Antrenor	Initiere+Incepatori	Incepatori+Intermediari	Intermediari+Avansati	Avansati+Experti Performanta
Luni	IS Alexandru Otetea Sala mare - Etaj	16.30-17.30	17.30-18.30	18.30-19.30	
	IS Ana Dobre Sala mica - Etaj	17.30-18.30 18.30-19.30	18.30-19.30		
	Antr. MI Gabriel Mateuta Sala mare - Parter				16.00-18.00 18.00-20.00
Marti	IS Ioana Staniloiu Sala mare - Parter	16.30-17.30 17.30-18.30 18.30-19.30	16.30-17.30 18.30-19.30		
	Antr. Tudor Ristea Sala mare - Etaj		17.30-18.30	18.30-19.30	
	MI Codrut Florescu Sala mica - Etaj				16.00-18.00 18.00-20.00
Miercuri	IS Ana Dobre Sala mica - Etaj	17.30-18.30 18.30-19.30	18.30-19.30		
	Antr. Tudor Ristea Sala mare - Etaj		17.30-18.30	18.30-19.30	
	Antr. MI Gabriel Mateuta Sala mare - Parter				16.00-18.00 18.00-20.00
Joi	IS Ioana Staniloiu Sala mare - Parter	16.30-17.30 17.30-18.30 18.30-19.30	16.30-17.30 18.30-19.30		
	Antr. Tudor Ristea Sala mare - Etaj		17.30-18.30	18.30-19.30	
	MI Codrut Florescu Sala mica - Etaj				16.00-18.00 18.00-20.00
Vineri	IS Alexandru Otetea Sala mare - Parter		17.00-18.00	18.00-20.00	
	Antr. Tudor Ristea Sala mare - Etaj				18.00-20.00
Sambata	IS Ioana Staniloiu Sala mica - Etaj	10.00-11.00 11.00-12.00 12.00-13.00	12.00-13.00		
	IS Alexandru Otetea Sala mare - Parter			10.00-12.00	
	Antr. Tudor Ristea		10.00-11.00	11.00-12.00	12.00-13.00
Duminica	IS Ioana Staniloiu Sala mare - Parter	11.00-12.00	11.00-12.00		
	Antr. Tudor Ristea				11.00-13.00