



C @ A Make Your Body

dancemaster, ! @ 5 4 0 09 N = L 2021 - 19:34:07

% > G 5 H L 3 ; > 1 0 ; L = K E

8 7 < 5 = 5 = 8 9 ! ? " > 3 4 0

? @ 8 A > 5 4 8 = O 9 A O :

! # MAKE YOUR BODY!

@ 5 > 1 @ 0 7 8 A L 4 > = 5 C 7 = 0 2 0 5 < > A B 8 7 0 3 < 5 A O F 0,

! ", ! /

1 5 A ? ; 0 B = > 14-20 8 N = O!

! Make Your Body - = 0 G = 8 6 8 B L ? > - = > 2 > < C! @ 5 > 1 @ 0 7 8 A 2 > 5
" 5 ; > 8 4 C E!

? @ > 3 @ 0 < < C : C @ A 0 2 E > 4 O B = 0 ? @ 0 2 ; 5 = 8 O:
A 14 ? > 20 8 N = O 2 K < > 6 5 B 5 1 5 A ? ; 0 B = > 8 E ? > ? @ > 1 > 2 0 B L.

Make Your Body, Zumba, Dance Batut,

! ! ? @ > 1 = K E C @ > : > 2:
Make Your Body: " 19:00 | ! : 16:00
Zumba: " 19:00 | ! 18:00
Dance Batut: , " | 19:00

' " ! " : ?
- & . ; A 1 @ > A 8 B L < 0 : A 8 < 0 ; L = > 5 : > ; 8 G 5 A B 2 > , 2 : > = F 5
: C @ A 0 ? > 1 5 4 8 B 5 ; O 6 4 5 B A ? 5 F 8 0 ; L = K 9 ? @ 8 7
- 6 5 = 5 4 5 ; L = K 5 7 0 < 5 @ K 8 2 7 2 5 H 8 2 0 = 8 O 4 ; O : > = B @ > ; O ;
- 5 : > < 5 = 4 0 F 8 8 ? > ? @ 0 2 8 ; L = > < C ? 8 B 0 = 8 N
- 7 4 > @ > 2 ; 5 = 8 5 > @ 3 0 = 8 7 < 0 : = > @ < 0 ; 8 7 0 F 8 N < 5 B 0 1 > ; 8 7 < 0,
? 8 1 5 2 0 @ 5 = 8 O, C : @ 5 ? ; 5 = 8 5 A 5 @ 4 5 G = > - A > A C 4 8 A B > 9, : > A B = > 9,
< K H 5 G = > 9 A 8 A B 5 < , ? > 2 K H 5 = 8 5 8 < < C = 8 B 5 B 0 ;
- C B @ > 9 = 0 O, ? > 4 B O = C B 0 O D 8 3 C @ 0, : @ 0 A 8 2 > 5 B 5 ; >;
- 0 7 2 8 B 8 5 : > > @ 4 8 = 0 F 8 8 4 2 8 6 5 = 8 9, D > @ < 8 @ > 2 0 = 8 5
? @ 0 2 8 ; L = > 9 > A 0 = : 8, ? > E > 4 : 8;
- # ; C G H 5 = 8 5 > 1 1 5 3 > A 0 < > G C 2 A B 2 8 O, ? @ 8 ; 8 2 A 8 ; , 1 > 4 @ > A B 8,
? > 2 K H 5 = 8 5 @ 0 1 > B > A ? > A > 1 = > A B 8;



- K @ 0 1 > B : C 0 : B 8 2 = > 9 6 8 7 = 5 = > 9 ? > 7 8 F 8 8 .

!" !",: 2K <> 65B5 : 0 : ? @ 8 > 1 @ 5AB8 ; N1 > 9 8 7
01 > = 5 < 5 = B > 2 ABC488, B0 : 8 2 > A ? > ; L7 > 20BLAO
& (<K A ? 5F80 ; L = > ? @ > 4 ; O5 < 459AB285 & 4 ; O
CG0AB=8F : C @ A0), 3-E < 5AOG=K5 01 > = 5 < 5 = BK A > A : 84 : > 9,
? > 4 @ > 1 = > AB8 !,

#25 @ 5 = > ABL 2 A515 8 A2 > 8E A8 ; 0E, 687 = 5 = = K9 B > = CA,
CA ? 5E, > ICI5 = 85 74 > @ > 2LO 8 AG0ABLO = 0 ? @ O < CN 7028AOB
> B A > AB > O = 8O > @ 30 = 87 < 0 8 B5 ; 0, > B = 0H53 > 74 > @ > 2LO.
! > 7409 A51O 8 A2 > 5 B5 ; > B0 : 8 <, : 0 : 8 < BK E > G5HL 2845BL
A51O. !45 ; 09 ? 5 @ 2K9 H03 : CA ? 5EC, ? @ 8E > 48 : = 0 < = 0 ? 5 @ 2K9
C @ > : !

!0 < > 5 3 ; 02 = > 5, 20H5 65 ; 0 = 85 8 3 > B > 2 = > ABL : 459AB28N!
!45 ; 09 ? 5 @ 2K9 H03 : CA ? 5EC!

A ; > 28O : F88:

Ø = Ý9 ! 14 ? > 20 8N = O ? @ > 94CB 15A ? ; 0B = K5 ? @ > 1 = K5 C @ > : 8

Ø = Ý9 ; O ? > A5I5 = 8O C @ > : > 2 = 5 > 1E > 48 <> 70 ? 8A0BLAO = 0

<http://shallwedance.ru/page.php?96>

Ø = Ý9 @ > 1 = K5 C @ > : 8 <> 65B ? > A5B8BL: 1) B > B : B > 70 = 8 < 05BAO,

= > E > G5B ? > ? @ > 1 > 20BL GB > - B > = > 2 > 5; 2) : B > = 8 @ 07C = 5

1K ; 2 = 0H8E H : > ; 0E; 3) : B > 1K ;, = > A0 < = 5 ? > < = 8B : > 340!

Ø = Ý9 ; 85 = BK A 459AB2CNI8 < 01 > = 5 < 5 = B > < < > 3CB

? @ > 1 > 20BL 15A ? ; 0B = > = 0 ? @ 02 ; 5 = 8O, = 0 : > B > @ KE 5IQ = 5

1K ; 8

& ! : B @ 048F8 > = > 2 4 = 8 ? @ > 1 = KE C @ > : > 2 A : 84 : 0

10% 4 ; O = > 2KE ; ; 85 = B > 2, ? ; NA5% 70 ! " MB > 9 70 ? 8A8 2

: > = B0 : B5 8FaceBook = 15%, ? ; NA ? > 5% 70 : 064 > 3 > ? @ 8254Q = > 3 >

4 @ C30, > 1100 ! 4 > 30%!

N15 @ FK- C ; 518 = >, : BO1 @ LA : 89 ? @ > A ? 5 : B18 : 2, 89163332220



[система сайта e107]

<http://shallwedance.ru/news.php?item.536>

! B @ 0 = 8 F 0 3/3
