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: Make Your Body, Zumba, Dance Batut, A 14 ? > 20 8 N = O 2 K < > 6 5 B 5 1 5 A ? ; 0 B = > 8 E ? > ? @ > 1 > 2 0 B L.

! ! ? @ > 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 I 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 I 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.

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

2 5 @ 5 = = > A B L 2 A 5 1 5 8 A 2 > 8 E A 8 ; 0 E, 6 8 7 = 5 = = K 9 B > = C A,
C A ? 5 E, > I C I 5 = 8 5 7 4 > @ > 2 L O 8 A G 0 A B L O = 0 ? @ O < C N 7 0 2 8 A O B
> B A > A B > O = 8 O > @ 3 0 = 8 7 < 0 8 B 5 ; 0, > B = 0 H 5 3 > 7 4 > @ > 2 L O.
! > 7 4 0 9 A 5 1 O 8 A 2 > 5 B 5 ; > B 0 : 8 <, : 0 : 8 < B K E > G 5 H L 2 8 4 5 B L
A 5 1 O. ! 4 5 ; 0 9 ? 5 @ 2 K 9 H 0 3 : C A ? 5 E C, ? @ 8 E > 4 8 : = 0 < = 0 ? 5 @ 2 K 9
C @ > :!

! 0 < > 5 3 ; 0 2 = > 5, 2 0 H 5 6 5 ; 0 = 8 5 8 3 > B > 2 = > A B L : 4 5 9 A B 2 8 N!
! 4 5 ; 0 9 ? 5 @ 2 K 9 H 0 3 : C A ? 5 E C!

A ; > 2 8 O : F 8 8:
Ø=Ý9 ! 14 ? > 20 8 N = O ? @ > 9 4 C B 1 5 A ? ; 0 B = K 5 ? @ > 1 = K 5 C @ > : 8
Ø=Ý9 ; O ? > A 5 I 5 = 8 O C @ > : > 2 = 5 > 1 E > 4 8 < > 7 0 ? 8 A 0 B L A O = 0
http://shallwedance.ru/page.php?96
Ø=Ý9 @ > 1 = K 5 C @ > : 8 < > 6 5 B ? > A 5 B 8 B L: 1) B > B : B > 7 0 = 8 < 0 5 B A O,
= > E > G 5 B ? > ? @ > 1 > 2 0 B L G B >- B > = > 2 > 5; 2) : B > = 8 @ 0 7 C = 5
1 K ; 2 = 0 H 8 E H : > ; 0 E; 3) : B > 1 K ;, = > A 0 < = 5 ? > < = 8 B : > 3 4 0!
Ø=Ý9 ; 8 5 = B K A 4 5 9 A B 2 C N I 8 < 0 1 > = 5 < 5 = B > < < > 3 C B
? @ > 1 > 2 0 B L 1 5 A ? ; 0 B = > = 0 ? @ 0 2 ; 5 = 8 O, = 0 : > B > @ K E 5 I Q = 5
1 K ; 8
& ! : B @ 0 4 8 F 8 > = = > 2 4 = 8 ? @ > 1 = K E C @ > : > 2 A : 8 4 : 0
10% 4 ; O = > 2 K E : ; 8 5 = B > 2, ? ; N A 5% 7 0 ! " M B > 9 7 0 ? 8 A 8 2
: > = B 0 : B 5 8 FaceBook = 15%, ? ; N A ? > 5% 7 0 : 0 6 4 > 3 > ? @ 8 2 5 4 Q = = > 3 >
4 @ C 3 0, > 1 I 0 O ! 4 > 30%!

N 1 5 @ F K- C ; 5 1 8 = >, : B O 1 @ L A : 8 9 ? @ > A ? 5 : B 18 :2, 89163332220