

| № | ФИО ТРЕНЕРА | ГРУППА | ПОНЕДЕЛЬНИК | | | | ВТОРНИК | | | | СРЕДА | | | | ЧЕТВЕРГ | | | | ПЯТНИЦА | | | | СУББОТА | | | | | | |
|----|---------------------------------|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | | | 13.00 – 15.00 | 15.15 – 18.15 | 18.30 – 20.30 | 15.15 – 18.15 | 14.00 – 16.00 | 13.00 – 15.00 | 15.15 – 18.15 | 18.30 – 20.30 | 15.15 – 18.15 | 14.00 – 16.00 | 13.30 – 15.30 | 15.45 – 19.05 | 17.00 – 20.00 | 14.45 – 16.45 | 17.00 – 21.00 | 13.30 – 15.30 | 15.45 – 19.05 | 17.00 – 20.00 | 14.45 – 16.45 | 17.00 – 21.00 | 13.30 – 15.30 | 15.45 – 19.05 | 17.00 – 20.00 | 14.45 – 16.45 | 17.00 – 21.00 | 13.30 – 15.30 | 15.45 – 19.05 |
| 6 | Зиновьева Ольга Владимировна | ЭНП-2 ЭНП-3 ТЭ-4 СОГ | 13.00 – 15.00 | | | | 13.00 – 15.00 | | | | 13.30 – 15.30 | | | | 13.00 – 15.00 | | | | 13.15 – 15.15 | | | | | | | | | | |
| | | | 15.15 – 18.15 | | | | 15.15 – 18.15 | | | | 15.15 – 18.15 | | | | 15.15 – 18.15 | | | | 15.30 – 16.30 | | | | | | | | | | |
| | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | | | | | | | |
| | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | | | | | | | |
| 7 | Никитина Инна Борисовна | ЭНП-1 | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | | | | | | | |
| | | | 16.15 – 19.15 | | | | 16.15 – 19.15 | | | | 16.15 – 19.15 | | | | 16.15 – 19.15 | | | | 16.15 – 17.15 | | | | | | | | | | |
| | | | 14.15 – 17.15 | | | | 14.15 – 17.15 | | | | 14.15 – 17.15 | | | | 14.15 – 17.15 | | | | 14.15 – 17.15 | | | | | | | | | | |
| | | | 14.15 – 17.00 | | | | 14.15 – 17.00 | | | | 14.15 – 17.00 | | | | 14.15 – 17.00 | | | | 14.00 – 17.00 | | | | | | | | | | |
| 8 | Колзаева Юлия Анатольевна | ТЭ-2 ТЭ-3 ССМ-1 ТЭ-2 ССМ-2 | 17.30 – 20.50 | | | | 17.30 – 20.50 | | | | 17.30 – 20.50 | | | | 17.30 – 20.50 | | | | 17.15 – 20.35 | | | | | | | | | | |
| | | | 14.45 – 16.45 | | | | 14.45 – 16.45 | | | | 14.45 – 16.45 | | | | 14.45 – 16.45 | | | | 14.00 – 18.20 | | | | | | | | | | |
| | | | 17.00 – 21.00 | | | | 17.00 – 21.00 | | | | 17.00 – 21.00 | | | | 17.00 – 21.00 | | | | 14.00 – 16.00 | | | | | | | | | | |
| | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 15.00 – 18.20 | | | | | | | | | | |
| 9 | Подземельных Елена Олеговна | ЭНП-1 ССМ-1 ССМ-2 | 15.45 – 19.05 | | | | 15.45 – 19.05 | | | | 15.45 – 19.05 | | | | 15.45 – 19.05 | | | | 15.00 – 18.20 | | | | | | | | | | |
| | | | 15.45 – 19.25 | | | | 15.45 – 19.25 | | | | 15.45 – 19.25 | | | | 15.45 – 19.25 | | | | 15.00 – 18.40 | | | | | | | | | | |
| | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | | | | | | | |
| | | | 16.45 – 19.35 | | | | 16.45 – 19.35 | | | | 16.45 – 19.35 | | | | 16.45 – 19.35 | | | | 16.45 – 19.35 | | | | | | | | | | |
| 10 | Пуцьева Фатима Александровна | ТЭ-2 ТЭ-3 ТЭ-4 | 16.45 – 19.45 | | | | 16.45 – 19.45 | | | | 16.45 – 19.45 | | | | 16.45 – 19.45 | | | | 15.30 – 16.30 | | | | | | | | | | |
| | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 15.00 – 17.00 | | | | | | | | | | |
| | | | 16.15 – 18.35 | | | | 16.15 – 18.35 | | | | 16.15 – 18.35 | | | | 16.15 – 18.35 | | | | 17.15 – 19.35 | | | | | | | | | | |
| | | | 16.15 – 18.55 | | | | 16.15 – 18.55 | | | | 16.15 – 18.55 | | | | 16.15 – 18.55 | | | | 17.15 – 19.55 | | | | | | | | | | |
| 11 | Алгя Анатольевна | ЭНП-3 ТЭ-2 ТЭ-3 ТЭ-4 | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | | | | | | | |
| | | | 15.45 – 19.05 | | | | 15.45 – 19.05 | | | | 15.45 – 19.05 | | | | 15.45 – 19.05 | | | | 15.00 – 18.20 | | | | | | | | | | |
| | | | 15.45 – 19.25 | | | | 15.45 – 19.25 | | | | 15.45 – 19.25 | | | | 15.45 – 19.25 | | | | 15.00 – 18.40 | | | | | | | | | | |
| | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | 14.00 – 16.30 | | | | | | | | | | |
| 12 | Кузоева Джульетта Робертовна | ТЭ-2 ТЭ-3 ТЭ-4 | 16.45 – 19.45 | | | | 16.45 – 19.45 | | | | 16.45 – 19.45 | | | | 16.45 – 19.45 | | | | 15.30 – 16.30 | | | | | | | | | | |
| | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 15.00 – 17.00 | | | | | | | | | | |
| | | | 16.15 – 18.35 | | | | 16.15 – 18.35 | | | | 16.15 – 18.35 | | | | 16.15 – 18.35 | | | | 17.15 – 19.35 | | | | | | | | | | |
| | | | 16.15 – 18.55 | | | | 16.15 – 18.55 | | | | 16.15 – 18.55 | | | | 16.15 – 18.55 | | | | 17.15 – 19.55 | | | | | | | | | | |
| 13 | Шанаева Эмма Заурбековна | ЭНП-3 | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | | | | | | | |
| | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | | | | | | | |
| 14 | Золотарева Анна Владимировна | ЭНП-2(1) ЭНП-2(2) | 17.00 – 19.00 | | | | 17.00 – 19.00 | | | | 17.00 – 19.00 | | | | 17.00 – 19.00 | | | | 18.00 – 20.00 | | | | | | | | | | |
| | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 14.00 – 16.00 | | | | 15.45 – 17.45 | | | | | | | | | | |
| 15 | Федотова Екатерина Борисовна | ЭНП-2 | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 11.00 – 13.00 | | | | | | | | | | |
| | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | 13.30 – 15.30 | | | | | | | | | | |