



\$ 8 B = 5 A 2 5 G 5 @ 8 = : 0

dancemaster, ' 5 B 2 5 @ 3 22 5 : 0 1 @ L 2022 - 16:44:57

25 4 5 : 0 1 @ O > 2 > 3 > 4 = O O

\$ 8 B = 5 A 2 5 G 5 @ 8 = : 0

, 2 0 A 6 4 5 B

= 5 > 1 K : = > 2 5 = = 0 O ? @ > 3 @ 0 < < 0 : 0 B C B K, " 0 = F K, ! B @ 5 B G 8 = 3,

2 > 7 4 8, 5 B 0 D > @ 8 G 5 A : 8 5 : 0 @ B K, > 4 0 @ : 8, ' 0 5 ? 8 B 8 5,

H 0 < ? 0 = A : > 5, ? > A 8 4 5 ; : 8!

!"

Ø = Ý 8 0 B C B K

" 0 = F K

! B @ 5 B G 8 = 3

2 > 7 4 8

5 B 0 D > @ 8 G 5 A : 8 5 : 0 @ B K

> 4 0 @ : 8

' 0 5 ? 8 B 8 5, H 0 < ? 0 = A : > 5,

? > A 8 4 5 ; : 8 8 B 4

K C 2 5 ; 8 G 8 ; 8 2 @ 5 < O - 3 G 0 A 0, B :

2 ? @ > H ; K 9 @ 0 7 ? > : 0 7 0 ; > A L,

G B > < 0 ; > 2 0 B >.

Ø = Ý 8 5 G 5 @ 8 = : C ? @ > 2 > 4 O B :

" 0 B L O = 0 C I 8 = 0 -

A 5 @ B 8 D 8 F 8 @ > 2 0 = = K 9

8 = A B @ C : B > @ ? > 4 6 0 < ? 8 = 3

D 8 B = 5 A C

Ø = Y 8 ; L 3 0 0 @ K H = 8 : > 2 0 -

! 5 @ B 8 D 8 F 8 @ > 2 0 = = K 9

D 8 B = 5 A - B @ 5 = 5 @, 8 = A B @ C : B > @

? > 4 6 0 < ? 8 = 3 D 8 B = 5 A C

- 8 = A B @ C : B > @ 3 @ C ? ? > 2 K E



? @ > 3 @ 0 < < 8 D 8 B = 5 A 0 M @ > 1 8 : 8 (8 N = L, 2018)
- A ? > @ B 8 2 = K 9 = C B @ 8 F 8 > ; > 3 (8 N ; L, 2018)
-dietology in fitness (5 ; 0 @ C A L, > : B O 1 @ L 2018)

Ø=Ý8! & !" ,:

; ; C ! 0 D @ > = > 2 C -
? @ 0 : B 8 G 5 A : 8 9 ? A 8 E > ; > 3,
: @ 8 7 8 A = K 9 ? A 8 E > ; > 3, : > C G I C T A,
0 2 B > @ 8 2 5 4 C I 0 O B @ 5 = 8 = 3 > 2 8
B @ 0 = A D > @ < 0 F 8 > = = K E 8 3 @.

; O 2 0 A > = 0 ? @ > 2 5 4 Q B
- ? @ 0 : B 8 : C « 0 6 = > 5 > 1 >
< = 5 A 5 3 > 4 = O ».
Ø < ß ? ! ? > < > I L N
< 5 B 0 D > @ 8 G 5 A : 8 E
0 A A > F 8 0 B 8 2 = K E : 0 @ B
7 0 3 ; O = 5 B 5 2 3 ; C 1 L A 5 1 O 8
C 7 = 0 5 B 5, : 0 : > 5 A : @ K B > 5
: 0 G 5 A B 2 > 2 0 < 2 0 6 = >
8 A ? > ; L 7 > 2 0 B L 2 2 0 H 5 <
7 0 ? @ > A 5.

" 0 : 6 5 1 C 4 5 B
@ B - < 5 4 8 B 0 B 8 2 = 0 O B 5 E = 8 : 0
« ! 0 4 < > 5 9 4 C H 8 ».

' A B @ 5 B 8 B 5 A L 8
A > ? @ 8 : > A = Q B 5 A L A > A 2 > 8 <
2 = C B @ 5 = = 8 < @ 5 A C @ A > <
' 0 ? > ; = 8 B 5 A L 8 < 4 ; O
@ 5 0 ; 8 7 0 F 8 8 6 5 ; 0 5 < > 9 F 5 ; 8
' ! > E @ 0 = 8 B 5 M B > B @ 5 A C @ A A
? > < > I L N @ B - B 5 @ 0 ? 8 8 8
A < > 6 5 B 5 2 > 7 2 @ 0 I 0 B L A O :
= 5 < C 2 ; N 1 > 5 2 @ 5 < O

> = C A > < ; ; 0 4 0 A B : G 5 = L
? @ > A B C N 8 A C ? 5 @ - @ 0 1 > G C N Ø = Ý %
B 5 E = 8 : C, A ? > < > I L N
: > B > @ > 9 < > 6 = > 1 K A B @ >



? @ 8 2 5 A B 8 A 5 1 O 2 @ 5 A C @ A = > 5 8
C 2 5 @ 5 == > 5 A > A B > O = 8 5 2
; N 1 > < < 5 A B 5 7 0 3-5 < 8 = C B.

0 @ 0 = 4 0 H 8 8 1 C < 0 3 C < K
? @ 5 4 > A B 0 2 8 < Ø = Þ

> 5 A ; 8 : B > - B > 7 0 E > G 5 B
? @ 8 = 5 A B 8 A 2 > 9 = 0 1 > @ 4 ; O
B 2 > @ G 5 A B 2 0 8 ; 8 G B > - B >
> A > 1 5 == > 5 : A B > ; C 8 7
C 3 > I 5 = 8 9, B > welcome Ø = Þ

Ø = Ý Ó : > 3 4 0 : 25 4 5 : 0 1 @ O,
0 < 5 = A : > 5, & 0 < ; 0 7 0
Ø = Ý Q 2 > A : > ; L : > : 16:00-19:00

Ø = Ü ° F 5 = 0 1 8 ; 5 B 0:
1900 - 2 H 0 ? : 5 ! 0 = B K Ø < ß ... Ø < ß û
2500- 1 5 7 H 0 ? : 8
! " "