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| Коллектив | | | |
| № группы | Расписание дистанционного обучения | Ссылки на ресурсы в сети Интернет | Обратная связь |
| Танцевальный кружок «Грация» | 06.04.2020 г.  Пн.  14.20-15. 50  09.04.2020 г.  Чт.  14.20-16.10 | Классический тренаж: гранд пиле Позиции по 1-й,2-йб 5-й позиции  [Pirouette" 02.03.02](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=1%29%20%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331321019964-1715232922916086268000158-prestable-app-host-sas-web-yp-212&filmId=3342365642789384266" \t "_blank)**[Grand](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=1%29%20%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331321019964-1715232922916086268000158-prestable-app-host-sas-web-yp-212&filmId=3342365642789384266" \t "_blank)**[plié 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"_blank)**[второй](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=1%29%20%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331321019964-1715232922916086268000158-prestable-app-host-sas-web-yp-212&filmId=3342365642789384266" \t "_blank)****[позиции](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=1%29%20%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331321019964-1715232922916086268000158-prestable-app-host-sas-web-yp-212&filmId=3342365642789384266" \t "_blank)**  [youtube.com](http://www.youtube.com/watch?v=xUy9Gz-bOLY)  ["](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t 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"_blank)**[03](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t "_blank)**[Demi-](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t "_blank)**[plié](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t "_blank)****[по](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t "_blank)****[пятой](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t "_blank)**[...](https://yandex.ru/video/%D0%B7%D0%B0%D0%BF%D1%80%D0%BE%D1%81/%D1%81%D0%B5%D1%80%D0%B8%D0%B0%D0%BB/%D0%B3%D1%80%D0%B0%D0%BD%D0%B4/1-%D1%81%D0%B5%D0%B7%D0%BE%D0%BD/?text=%D0%9A%D0%BB%D0%B0%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%B3%D1%80%D0%B0%D0%BD%D0%B4%20%D0%BF%D0%B8%D0%BB%D0%B5%20%D0%9F%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20%D0%BF%D0%BE%201-%D0%B9%2C2-%D0%B9%D0%B1%205-%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8%20Pirouette%22%2002.03.02%20Grand%20pli%C3%A9%20%D0%BF%D0%BE%20%D0%B2%D1%82%D0%BE%D1%80%D0%BE%D0%B9%20%D0%BF%D0%BE%D0%B7%D0%B8%D1%86%D0%B8%D0%B8&path=wizard&parent-reqid=1586331445723538-452972705044277541783890-production-app-host-vla-web-yp-160&filmId=15156117727570999122" \t "_blank)  [youtube.com](http://www.youtube.com/watch?v=au_yqDtqwHA)  Упражнения на растяжку мышц  **[Расслабление](https://yandex.ru/video/search?text=%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%A3%D0%BF%D1%80%20%D0%BD%D0%B0%D1%82%D1%8F%D0%B6%D0%B5%D0%BD%D0%B8%D0%B5%20%D0%B8%20%D1%80%D0%B0%D1%81%D1%81%D0%BB%D0%B0%D0%B1%D0%BB%D0%B5%D0%BD%D0%B8%D0%B5%20%D0%BC%D1%8B%D1%88%D1%86&path=wizard&parent-reqid=1586333247986093-892984326304828922600158-production-app-host-man-web-yp-7&filmId=10980906838324034878" \t "_blank)****[мышц](https://yandex.ru/video/search?text=%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%A3%D0%BF%D1%80%20%D0%BD%D0%B0%D1%82%D1%8F%D0%B6%D0%B5%D0%BD%D0%B8%D0%B5%20%D0%B8%20%D1%80%D0%B0%D1%81%D1%81%D0%BB%D0%B0%D0%B1%D0%BB%D0%B5%D0%BD%D0%B8%D0%B5%20%D0%BC%D1%8B%D1%88%D1%86&path=wizard&parent-reqid=1586333247986093-892984326304828922600158-production-app-host-man-web-yp-7&filmId=10980906838324034878" \t "_blank)**[: статические...](https://yandex.ru/video/search?text=%D0%9A%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D1%80%D0%B5%D0%BD%D0%B0%D0%B6%3A%20%D0%A3%D0%BF%D1%80%20%D0%BD%D0%B0%D1%82%D1%8F%D0%B6%D0%B5%D0%BD%D0%B8%D0%B5%20%D0%B8%20%D1%80%D0%B0%D1%81%D1%81%D0%BB%D0%B0%D0%B1%D0%BB%D0%B5%D0%BD%D0%B8%D0%B5%20%D0%BC%D1%8B%D1%88%D1%86&path=wizard&parent-reqid=1586333247986093-892984326304828922600158-production-app-host-man-web-yp-7&filmId=10980906838324034878" \t "_blank)  [youtube.com](http://www.youtube.com/watch?v=KBeQUfC-Urg)  Танец на военную тематику «ВОВ»  **[Танец](https://yandex.ru/video/search?text=%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D0%B0%D0%BD%D0%B5%D1%86%20%D0%BD%D0%B0%20%D0%B2%D0%BE%D0%B5%D0%BD%D0%BD%D1%83%D1%8E%20%D1%82%D0%B5%D0%BC%D0%B0%D1%82%D0%B8%D0%BA%D1%83&path=wizard&parent-reqid=1586333355476143-1446072497955771851886128-production-app-host-vla-web-yp-155&filmId=13031151520894822584" \t "_blank)****[на](https://yandex.ru/video/search?text=%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D0%B0%D0%BD%D0%B5%D1%86%20%D0%BD%D0%B0%20%D0%B2%D0%BE%D0%B5%D0%BD%D0%BD%D1%83%D1%8E%20%D1%82%D0%B5%D0%BC%D0%B0%D1%82%D0%B8%D0%BA%D1%83&path=wizard&parent-reqid=1586333355476143-1446072497955771851886128-production-app-host-vla-web-yp-155&filmId=13031151520894822584" \t "_blank)****[военную](https://yandex.ru/video/search?text=%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D0%B0%D0%BD%D0%B5%D1%86%20%D0%BD%D0%B0%20%D0%B2%D0%BE%D0%B5%D0%BD%D0%BD%D1%83%D1%8E%20%D1%82%D0%B5%D0%BC%D0%B0%D1%82%D0%B8%D0%BA%D1%83&path=wizard&parent-reqid=1586333355476143-1446072497955771851886128-production-app-host-vla-web-yp-155&filmId=13031151520894822584" \t "_blank)****[тематику](https://yandex.ru/video/search?text=%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D0%B0%D0%BD%D0%B5%D1%86%20%D0%BD%D0%B0%20%D0%B2%D0%BE%D0%B5%D0%BD%D0%BD%D1%83%D1%8E%20%D1%82%D0%B5%D0%BC%D0%B0%D1%82%D0%B8%D0%BA%D1%83&path=wizard&parent-reqid=1586333355476143-1446072497955771851886128-production-app-host-vla-web-yp-155&filmId=13031151520894822584" \t "_blank)**["Реквием"...](https://yandex.ru/video/search?text=%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B8%D1%87%D0%B5%D1%81%D0%BA%D0%B8%D0%B9%20%D1%82%D0%B0%D0%BD%D0%B5%D1%86%20%D0%BD%D0%B0%20%D0%B2%D0%BE%D0%B5%D0%BD%D0%BD%D1%83%D1%8E%20%D1%82%D0%B5%D0%BC%D0%B0%D1%82%D0%B8%D0%BA%D1%83&path=wizard&parent-reqid=1586333355476143-1446072497955771851886128-production-app-host-vla-web-yp-155&filmId=13031151520894822584" \t "_blank)  [youtube.com](http://www.youtube.com/watch?v=9URzPrHTegA) | nataliacrasnova40@gmail.com |
| 13.04.2020 г  Пн.  14.20-15. 50  16.04.2020 г.  Чт.  14.20-16.10 | 1) Позиции рук, ног. <https://www.youtube.com/watch?v=DAqggvZqZAc>  2) Ритмическая разминка <https://www.youtube.com/watch?v=cJPsBna1XUo>  3) <https://www.youtube.com/watch?v=EHVDP4N0HaY> | nataliacrasnova40@gmail.com |
| 20.04.2020 г.  Пн.  14.20-15. 50  23.04.2020 г.  Чт.  14.20-16.10 | 1) Позиции рук, ног. <https://www.youtube.com/watch?v=DAqggvZqZAc>  2) Ритмическая разминка <https://www.youtube.com/watch?v=cJPsBna1XUo>  3) <https://www.youtube.com/watch?v=EHVDP4N0HaY> | nataliacrasnova40@gmail.com |
| 27.04.2020.  Пн.  14.20-15. 50  30.04.2020.Чт. 14.20-16.10 | 1) Позиции рук, ног. <https://www.youtube.com/watch?v=DAqggvZqZAc>  2) Ритмическая разминка <https://www.youtube.com/watch?v=cJPsBna1XUo>  3) <https://www.youtube.com/watch?v=EHVDP4N0HaY> | nataliacrasnova40@gmail.com |