

MAANANTAI	SALI	TIISTAI	SALI	KESKIVIikko	SALI	TORSTAI	SALI	PERJANTAI	SALI	LAUANTAI	SALI	SUNNUNTAI	SALI
10:00-10:55 Asahi 55 Jore	1	10:00-10:55 Ikiviikarit 55 Tiina	1	11:00-12:00 EDGE powered by TE3 60 Johanna	1	10:00-11:00 Terveelkä 60 Tiina	1	9:30-10:15 Kahvakuula 45 Ninni	1	9:15-10:00 Lapsijumpat 1,5-3v 45 Tiina	1	10:00-10:55 BODYPUMP® 55 Hanna K	1
11:05-12:05 Jooga 60 Jore	1	11:00-11:45 PILATESFUNC 45 Juuli	1	17:30-18:15 BODYPUMP® 45 Saara	1	11:05-12:05 Flow Jooga 60 Somaye	1	10:20-11:20 BODYBALANCE® 60 Ninni	1	10:15-11:00 Lapsijumpat 4-6v 45 Tiina	1	11:00-11:30 Arc Jooga 30 Mia H	1
17:00-17:30 GRIT® 30 Sebastian S	1	17:30-18:00 BODYSTEP® 30 Tiina	1	17:30-18:15 IIEE AERO 45 Johan	Spinning	17:30-18:25 Kahvakuula 55 Jari	1	17:15-18:15 BODYSTEP® 60 Tiina	1	11:05-11:50 Fitbody 45 Tiina	1	11:35-12:35 Yin Jooga 60 Mia H	1
17:35-18:20 BODYPUMP® 45 Sebastian S	1	18:05-18:35 CXWORX® 30 Tiina	1	18:25-19:25 BODYJAM® 60 Saara	1	18:30-19:25 IIEE FOCUS 55 Tanja	Spinning	18:20-19:20 BODYPUMP® 60 Tanja	1	11:55-12:25 CXWORX® 30 Tiina	1	18:00-18:45 BODYATTACK® 45 Paula	1
18:00-18:45 Spinning 45	Spinning	18:40-19:10 Venyttely 30 Tiina	2	18:30-19:00 Fitbody 30 Tiina	2	18:30-19:00 CXWORX® 30 Ninni	1	19:30-20:15 Kehonhuolto 45 Tanja	1	12:30-13:30 Pilates 60 Anne Suomi	1	18:55-19:55 BODYBALANCE® 60 Paula	1
18:25-19:10 BODYATTACK® 45 Veera	1	18:45-19:40 IIEE FOCUS 55 Johan	Spinning	19:05-19:35 Plié Kuntobaletti 30 Tiina	1	19:05-20:00 YOGAFUNC 55 Miia	2						
19:15-20:00 YOGAFUNC 45 Veera	2	18:50-19:20 SH'BAM® 30 Ninni	1	19:40-20:25 Terveelkä 45 Tiina	1	19:05-19:35 GRIT® 30 Ninni	1						
* 19:15-19:45 CXWORX® 30 Henna	1	19:30-20:30 BODYBALANCE® 60 Ninni	1										
* 19:50-20:50 BODYCOMBAT® 60 Henna	1												

UUTUDET:
BODYCOMBAT, BODYATTACK,
SH'BAM, YOGAFUNC ja
PILATESFUNC!

* **BODYCOMBAT ja**
CXWORX alkavat 2.9.