

EXPERIENCE LAB LAUTTASAARI

RYHMÄLIIKUNTA 1.2.-31.5.2023

MAANANTAI		
9:30-10:15	FOREVER+ 45	HELTT Tiina
10:25-11:10	FOREVER YOUNG 45	HELTT Tiina
11:20-12:20	JUST DANCE 60	Helena
17:00-18:00	X-CROSS BASIC 60	Jiri
18:05-19:05	SPINNING BASIC 60	Tanja
19:15-20:15	YIN YOGA 60	HELTT Somaye

TORSTAI		
7:00-07:45	SPINNING BASIC 45	Mira
10:00-11:00	FOREVER CIRCUIT 60	Tiina
11:10-11:55	PILATES10 45	HELTT Tiina
17:30-18:15	BODYPUMP 45	Tanja
18:25-19:20	SPINNING POW3R 55	Tanja

TIISTAI		
10:00-11:00	HEALTHYBACK 60	HELTT Tiina
11:10-11:55	GYM CIRCUIT 45	Tiina
17:30-18:15	SPINNING BASIC 45	Ninni
18:25-18:55	FITBODY 30	Ninni
19:00-20:00	BODYBALANCE 60	Ninni

PERJANTAI		
9:30-10:15	SPINNING POW3R 45	Hanna/Mira
10:25-11:10	UPPER BODY 45	Hanna
11:20-12:20	PILATES 60	Heidi M
17:20-18:20	BODYSTEP 60	Tiina
18:30-19:15	HEALTHY BACK 45	HELTT Tiina

KESKIVIIKKO		
9:30-10:00	SPINNING BASIC 30	Ninni
10:10-10:40	FITBODY 30	Ninni
10:50-11:50	BODYBALANCE 60	Ninni
12:00-12:55	FOREVER YOUNG 55	HELTT Ninni
17:30-18:30	X-CROSS BASIC 60	Jesse
17:30-18:00	BODYSTEP 30	Tiina
18:05-18:35	CORE STRENGTH 30	Tiina
18:45-19:30	PILATES10 45	Tiina

LAUANTAI		
10:00-11:00	FUNCTIONAL TRAINING 60	Joris
11:10-11:55	UPPER BODY 45	Joris
12:05-13:05	WEEKEND YOGA 60	Somaye/Helena

SUNNUNTAI		
17:00-18:00	FITBODY/BODYPUMP 60	Tiina/Kirsi A