



AEROBIC

maanantai		tiistai		keskiviikko		torstai		perjantai		lauantai		sunnuntai								
07.15	FlowJooga 75	KK**			07.15	BodyPump	ML	07.15	EsportEasy	TO										
09.15	EsportEasy	SK	09.15	Step	TO	09.15	EsportShape	JP	09.15	BodyPump	JR	09.15	EsportDance	JR*	09.15	EsportShape	JP			
			10.20	EsportPilates	TO	10.30	Zumba®	AB	10.20	Core-Stretching	JR	10.20	BodyBalance	EA	09.15	EsportEasy	MR*	10.40	EsportShape	TO
						11.35	EsportCore	AB				11.30	BodyAttack	EA	10.25	BodyPump	JH/II	11.50	EsportPilates	TO
												10.25	EsportCore	JP	11.45	Zumba®	LW			
15.30	BodyPump	EL	15.30	BodyPump	K-LK	15.40	BodyStep	HP	16.30	BodyPump	K-LK	15.30	BodyPump	HB	11.30	BodyAttack	RS/KT*	12.50	BodyPump	HH*
16.45	BodyCombat	JH*	16.40	BodyAttack	KT*	16.40	EsportEasy	HP*	16.45	Stretching	TO	16.00	EsportCore	PA	11.35	Stretching	JH/II	14.00	CXworx	RS
17.20	CXworx	NH*	17.00	EsportEasy	ET	16.45	BodyPump	JR	17.45	BodyStep	CK	16.35	BodyCombat	JR	12.45	CXworx	RS/KL-K	14.40	BodyStep	RS
17.50	Zumba®	JR*	17.45	BodyStep	RS	17.50	CXworx	K-LK	17.50	Step	TO	16.35	EsportEasy	PA	13.25	BodyPump	RS/KL-K	14.40	EsportEasy	SK
18.00	EsportEasy	MJ	18.05	CXworx	CK	17.55	BodyCombat	JR	18.50	BodyAttack	HH*	17.40	Zumba®	SK/JL				15.45	BodyCombat	K-LK
18.55	BodyAttack	RS	18.55	BodyPump	RS	18.30	EsportEasy	ST	18.55	BodyJam	EA	17.45	BodyPump	MR				16.55	BodyBalance	SS
19.05	EsportDance	NH*	19.10	Stretching	II	19.00	Zumba®	LW	20.00	CXworx	HH*							18.05	BodyJam	SS
20.00	BodyStep	ST	20.05	Zumba®	LW	19.40	Core-Stretching	ST	20.05	BodyPump	II							19.15	BodyPump	HB/II
20.10	Core-Stretching	RS	20.15	EsportCore	II															

SPINNING

			07.15	Good Morning 45	CH			07.15	Good Morning 45	JR			10.25	FatBurner 60	MR*	11.40	FatBurner 60	HH*		
			17.00	Basic (TO)	CK	16.40	FatBurner 60	K-LK												
16.40	FatBurner 75	JT*	17.10	Basic 45	CK	17.50	Basic (TO)	HP*	17.40	FatBurner 60	K-LK	16.35	FatBurner 60	MR	14.30	FatBurner 60	HH/MR			
18.00	FatBurner 60	JH*	18.10	RPM	II	18.00	Basic 45	HP*	18.50	FatBurner 60	II	17.45	FatBurner 60	JR				18.15	FatBurner 60	K-LK
19.10	RPM	MJ	19.10	FatBurner 60	CH	18.55	FatBurner 60	ME	19.55	RPM	MR*									

ARENA-SALI, TRIMMI-CIRCUIT, KAMPPAILUKESKUS, JA JUOKSURATA

10.20	Kahvakuula	JR						08.30	Kahvakuula	TO										
													11.45	Trimmi FatBurner	SP/HJ	13.00	Trimmi Basic	TO		
16.50	Trimmi Basic	HJ				16.30	Kahvakuula	HS*	16.45	Trimmi Basic (TO)	LW			12.50	Kahvakuula	SP/HJ	13.40	Kahvakuula	SK	
17.35	KuntoKickbox 2	TS	16.50	Kahvakuula	K-LK	16.50	Trimmi FatBurner	JT*	16.55	Trimmi Basic	LW	16.40	Trimmi Basic	SK/JL						
18.00	Trimmi Basic	NH*	17.05	Trimmi Basic	KV	18.00	Trimmi Basic	LW	17.30	Kuntonyrkkeily 2	IG	16.45	Kahvakuula	HB				17.00	BodyPump	K-LK
18.45	BodyPump	ME	18.00	Trimmi FatBurner	KV	18.00	EsportRun	KK*	18.35	KuntoKickbox 1	IG			15.40	Trimmi Basic	HH/MR	17.15	Trimmi Basic	HB/TM	
18.45	Kuntonyrkkeily 1	TS	18.10	BodyPump	ET	18.40	BodyPump	JH	18.45	BodyPump	MR*							18.10	Kahvakuula	HB/TM
19.00	Trimmi FatBurner	JR*	19.10	Trimmi Basic	LW	18.55	Trimmi Basic	HJ	19.00	Trimmi FatBurner	TO									
19.55	Kahvakuula	TS	19.15	Kahvakuula	MR*	19.50	Kahvakuula	HJ	19.50	Kahvakuula	JR/HH									

HOT FITNESS STUDIO

						10.25	HotJooga 60	JP	9.15	BeHot 45	AB	08.00	HotPilates 55	JR*	10.20	BodyBalance 60	JH*	12.55	BeHot 45	LW	
16.00	BeHot 45	JK				16.45	HotFlowJooga 75	KO	15.40	BeHot 45	LW										
16.50	HotStretching 45	JR*	16.45	BodyBalance 60	EA	18.20	Jooga intro 15	KO	16.35	HotPilates 55	KT**	16.30	HotFlowJooga 75	ST*	13.50	HotStretching 45	SP/HJ	15.50	HotStretching 45	RS	
17.40	HotJooga 60	KT**	18.15	HotFlowJooga 75	KT**	18.35	HotJooga 60	KO	17.40	HotJooga 75	KT**	17.50	HotPilates 55	PA					17.30	HotJooga 90	NH*
18.50	HotPilates 55	KT**	19.40	HotPilates 55	KT**	19.55	HotStretching 45	JH	19.00	BodyBalance 60	JT								19.15	HotFlowJooga 75	SS

lihavoitu tunti = aerobic 2 salissa

(TO)= tekniikkaopastus ennen tunnin alkua