ESPORT FITNESS HELSINKI
2.1.2012 - 3.6.2012

AEROBIC

maanantai			tiistai			keskiviikko			torstai			perjantai			lauantai			sunnuntai		
			08.20	CXworx	TV	07.15	BodyPump	K-LK	08.00	BodyPump	AV	07.10	BodyAttack	AF						
															10.00	BodyPump	HR/NH			
11.00	BodyAttack	EA	10.00	Kahvakuula	PA	11.30	BodyCombat	HH*	11.20	BodyStep	AV*	11.20	BodyPump	HR	11.40	BodyCombat	ET/HH*			
			11.30	BodyPump	HP										11.45	Kahvakuula	KK/JT*	11.00	BodyPump	AF
14.30	BodyPump	LS				15.10	EsportCore	AB	15.30	BodyCombat	AF	15.30	BodyPump	HP*	12.50	BodyPump	SR	12.05	BodyAttack	AF
15.30	Kahvakuula	EA	15.30	BodyPump	PN	15.30	BodyAttack	HH*	16.00	EsportCore	KK	16.00	CXworx	TV	14.00	CXworx	SR	13.10	Core-Stretching	MR
15.45	BodyStep	HP	16.30	EsportCore	MR	15.50	Kahvakuula	MR	16.35	Zumba®	KS*	16.35	BodyAttack	TV	14.30	BodyJam	JT	14.15	Kahvakuula	MR
16.35	BodyJam	KJ	16.35	BodyAttack	KJ	16.35	BodyStep	SD	16.40	BodyPump	KK	16.40	BodyBalance	SS						
17.00	BodyPump	SD	17.05	Zumba®	HP**	17.00	Kahvakuula	KJ	17.40	CXworx	HR	17.45	BodyCombat	KT				17.00	BodyPump	MW
17.45	EsportCore	KJ	17.45	BodyPump	KJ	17.45	BodyPump	SD	17.50	BodyStep	TV	18.55	BodyPump	SP				17.25	CXworx	SD
18.10	BodyBalance	SD	18.10	EsportDance	JR*	18.00	EsportDance	KJ	18.50	BodyJam	NH*							18.05	BodyStep	SD
18.20	Kahvakuula	MR	18.50	BodyStep	KT	18.55	BodyCombat	KT	19.00	BodyAttack	KT							19.15	BodyBalance	SD
19.15	BodyAttack	TV	19.15	Kahvakuula	KS	19.10	BodyBalance	AJ	19.55	Kahvakuula	SP									
19.15	BodyCombat	MR	20.00	BodyCombat	KT	20.00	BodyPump	SP	20.05	BodyCombat	NH*									
20.20	BodyPump	MR				20.15	CXworx	KT												

SPINNING

			07.00	GoodMorning 45	HS				07.00	GoodMorning 45	AV				10.30	FatBurner 60	ET/HH*	12.00	FatBurner 60	MR
17.00	FatBurner 60	KT	17.10	FatBurner 60	MR	16.50	FatBurner 60	MR	16.50	FatBurner 60	HS				12.50	Basic (TO)	KK/JT*			
18.10	FatBurner 75	KT	18.20	FatBurner 60	NH	18.00	RPM	AJ	18.00	Super 50	KT	17.45	FatBurner 60	JT*	13.00	Basic 45	KK/JT*	18.10	FatBurner 60	MW
19.30	RPM	AJ				19.00	FatBurner 60	KK												

HOT FITNESS STUDIO

			07.15	BodyBalance 60	TV				07.15	HotJooga 60	SH				11.15	BodyBalance 60	HR/NH	12.00	HotFlowJooga 75	ST*
			12.30	HotFlowJooga 75	ST*	12.30	HotPilates 55	PA	12.30	HotJooga 60	AV*	12.30	BodyBalance	HR				13.30	HotPilates 75	ST*
15.45	HotJooga 60	LS				15.50	BeHot 45	AB							13.15	BeHot 45	MK			
16.55	HotFlowJooga 75	ST*	16.50	HotPilates 55	JR*	16.40	HotJooga 60	KT**	16.30	HotPilates 55	HR	16.30	HotJooga 60	LS	14.15	HotStretching 45	MK	15.30	HotJooga 75	PN/AV*
18.20	HotPilates 55	ST*	18.00	HotJooga 60	SH	17.50	HotFlowJooga 75	ST*	17.35	HotFlowJooga 75	SH	17.50	HotFlowJooga 75	SS	15.45	BodyBalance 60	JT			
19.30	HotStretching 45	KT	19.30	BodyBalance 60	NH	19.20	HotStretching 45	KJ	19.00	BodyBalance 60	TV									

lihavoitu tunti = aerobic 2 salissa

tunnit kuuluvat Fitness Day Cardiin

(TO)=tekniikkaopastus