

MON 5.2	TUE 6.2	WED 7.2	THU 8.2	FRI 9.2	SAT 10.2	SUN 11.2
18.00-19.00 Kiem Flex mobility Maria	18.30-19.30 Hamm Flex soft mobility Maria	19.15-20.15 Hall G/1 Core balance & strength Minna	19.00-20.00 Konviktsgaard Medium aerobics Kathy	18.30-19.30 Hamm Circuit training strength & cardio Martin	10.00-11.00 Mamer no class	16.15 - 17.15 Hamm Fuego latin dance Suvi
19.15-20.15 Hall G/1 Intensive aerobics Stefanos	19.30-20.45 Hamm Barbell interval strength & cardio Nina / Åsa	19.15-20.15 Hall G/2 BoxFit strength & cardio Stefanos	20.00-21.00 Konviktsgaard Yoga Kathy		10.00-11.00 ISL Lower School no class	17.15 - 18.15 Hamm Medium aerobics Kathy
20.00-21.00 Merl Medium pulse aerobics Annika		20.15-21.15 Hall G/1 Medium pulse aerobics Annika			16.15 - 17.15 Hamm Circuit training strength & cardio Martin	18.30 - 19.30 Hamm no class
20.15-21.15 Hall G/1 HIIT strength & cardio Samantha		20.15-21.15 Hall G/2 no class			17.30 - 18.30 Hamm Yoga Kathy	
17.30 - 18.30 Hamm Medium aerobics Carolina		20.00-21.00 PD Muhlenbach Dance Rosie				
19.00-20.00 Hamm Basic aerobics Minna		18.30-19.30 Hamm Barbell strength Samantha				
		19.45-20.45 Hamm Circuit training strength & cardio Pirjo				

MON 12.02	TUE 13.02	WED 14.02	THU 15.02	FRI 16.02	SAT 17.02	SUN 18.02
17.30 - 18.30 Hamm Medium aerobics Carolina	18.30-19.30 Hamm Core balance & strength Minna	18.30-19.30 Hamm Barbell strength Samantha	19.00-20.00 Konviktsgaard Medium aerobics Kathy	18.30-19.30 Hamm Circuit training strength & cardio Martin	16.15 - 17.15 Hamm Circuit training strength & cardio Martin	16.15 - 17.15 Hamm Fuego Suvi
19.00-20.00 Hamm Basic aerobics Minna	20.00-21.00 Hamm Basic pulse aerobics Sanna	19.45-20.45 Hamm Circuit training strength & cardio Pirjo	20.00-21.00 Konviktsgaard Yoga Kathy		17.30 - 18.30 Hamm Yoga Kathy	17.15 - 18.15 Hamm Medium pulse aerobics Annika
20.00-21.00 Hamm Barbell strength Samantha						18.30 - 19.30 Hamm Barbell strength Samantha

MON 19.02	TUE 20.02	WED 21.02	THU 22.02	FRI 23.02	SAT 24.02	SUN 25.02
18.00-19.00 Kiem no class	18.30-19.30 Hamm Flex soft mobility Maria	19.15-20.15 Hall G/1 Core balance & strength Minna	19.00-20.00 Konviktsgaard Medium aerobics Kathy	18.30-19.30 Hamm Circuit training strength & cardio Martin	10.00-11.00 Mamer Medium aerobics Veera	16.15 - 17.15 Hamm Fuego latin dance Annika
19.15-20.15 Hall G/1 Intensive aerobics Stefanos	19.30-20.45 Hamm tbc	19.15-20.15 Hall G/2 BoxFit strength & cardio Stefanos	20.00-21.00 Konviktsgaard Yoga Kathy		10.00-11.00 ISL Lower School Dance Rosie	17.15 - 18.15 Hamm Medium aerobics ROTA
20.00-21.00 Merl Medium pulse aerobics Annika		20.15-21.15 Hall G/1 Medium pulse aerobics Annika			16.15 - 17.15 Hamm Circuit training strength & cardio Martin	18.30 - 19.30 Hamm Barbell interval strength & cardio Nina
20.15-21.15 Hall G/1 HIIT strength & cardio Samantha		20.15-21.15 Hall G/2 Power hour strength & cardio Nina			17.30 - 18.30 Hamm Yoga Kathy	
17.30 - 18.30 Hamm Medium aerobics Carolina		20.00-21.00 PD Muhlenbach Dance Rosie				
19.00-20.00 Hamm Basic aerobics Minna		18.30-19.30 Hamm Barbell strength Samantha				
		19.45-20.45 Hamm Circuit training strength & cardio Pirjo				

MON 26.02	TUE 27.02	WED 28.02	THU 01.03	FRI 02.03	SAT 03.03	SUN 04.03
18.00-19.00 Kiem Flex mobility Maria	18.15 - 19.15 Hamm Flex soft mobility Maria	19.15-20.15 Hall G/1 Core balance & strength Minna	19.00-20.00 Konviktsgaard Medium aerobics Kathy	18.30-19.30 Hamm Circuit training strength & cardio Martin	10.00-11.00 Mamer Medium aerobics Veera	16.15 - 17.15 Hamm Fuego latin dance Annika
19.15-20.15 Hall G/1 Intensive aerobics Stefanos	19.30-20.30 Hamm Barbell strength & cardio Nina / Åsa	19.15-20.15 Hall G/2 BoxFit strength & cardio Stefanos	20.00-21.00 Konviktsgaard Yoga Kathy		10.00-11.00 ISL Lower School Dance Rosie	17.15 - 18.15 Hamm Medium aerobics ROTA
20.00-21.00 Merl Medium pulse aerobics Annika		20.15-21.15 Hall G/1 Medium pulse aerobics Annika			16.15 - 17.15 Hamm Circuit training strength & cardio Martin	18.30 - 19.30 Hamm tbc strength
20.15-21.15 Hall G/1 HIIT strength & cardio Samantha	20.30 - 21.30 Hamm Basic pulse aerobics Sanna	20.15-21.15 Hall G/2 Power hour strength & cardio Nina			17.30 - 18.30 Hamm Yoga Kathy	
17.30 - 18.30 Hamm Medium aerobics Carolina		20.00-21.00 PD Muhlenbach Dance Rosie				
19.00-20.00 Hamm Basic aerobics Minna		18.30-19.30 Hamm Barbell strength Samantha				
		19.45-20.45 Hamm Circuit training strength & cardio Pirjo				