

MON 04.12	TUE 05.12	WED 06.12	THU 07.12	FRI 08.12	SAT 09.12	SUN 10.12
18.00-19.00 Kiem Flex mobility Maria	19.00-20.00 EF Flex soft mobility Maria	19.15-20.15 Hall G/1 Medium pulse aerobics Annika	18.30-19.30 EF Barbell strength Åsa	18.30-19.30 EF Power hour strength & cardio Nina	10.00-11.00 Mamer Medium pulse aerobics Annika	10.30-11.30 EF Family Nina
19.15-20.15 Hall G/1 Intensive aerobics Stefanos	20.00-21.00 EF Basic aerobics Minna	19.15-20.15 Hall G/2 BoxFit strength & cardio Stefanos	19.00-20.00 Konviktsgaard Medium aerobics Kathy		10.00-11.00 ISL Lower School Dance Suvi	11.30 - 13.00 EF Christmas Mega All instructors
20.00-21.00 Merl Medium pulse aerobics Annika		20.15-21.15 Hall G/1 Power hour strength & cardio Nina	20.00-21.00 Konviktsgaard Yoga Kathy		10.45-12.00 EF Barbell interval strength & cardio Nina	
20.15-21.15 Hall G/1 HIIT strength & cardio Samantha						17.00-18.00 EF Medium aerobics Carolina
		20.00-21.00 PD Muhlenbach Dance Rosie				18.15-19.15 EF Barbell strength Samantha

MON 11.12	TUE 12.12	WED 13.12	THU 14.12	FRI 15.12	SAT 16.12	SUN 17.12
18.00-19.00 Kiem Flex mobility Maria	19.00-20.00 EF Flex soft mobility Maria	19.15-20.15 Hall G/1 Core balance & strength Minna	18.30-19.30 EF Barbell strength Åsa	18.30-19.30 EF Power hour strength & cardio Nina	10.00-11.00 Mamer Medium aerobics Veera	10.30-11.30 EF no class
19.15-20.15 Hall G/1 Intensive aerobics Stefanos	20.00-21.00 EF Basic aerobics Minna	19.15-20.15 Hall G/2 BoxFit strength & cardio Stefanos	19.00-20.00 Konviktsgaard Medium aerobics Kathy		10.00-11.00 ISL Lower School no class	11.30-12.30 EF Core aerobics Minna
20.00-21.00 Merl Medium aerobics Kathy		20.15-21.15 Hall G/1 Medium pulse aerobics Annika	20.00-21.00 Konviktsgaard Yoga Kathy		10.45-12.00 EF Barbell interval strength & cardio Nina	12.30-13.30 EF Basic aerobics Minna
20.15-21.15 Hall G/1 HIIT strength & cardio Samantha		20.15-21.15 Hall G/2 Power hour strength & cardio Nina				17.00-18.00 EF Medium aerobics Kathy
		20.00-21.00 PD Muhlenbach Dance Rosie				18.15-19.15 EF Barbell strength Samantha