

MON	TUE	WED	THU	FRI	SAT	SUN
18.00-19.00 Kiem Flex mobility Maria	18.30-19.30 Hamm Circuit training strength & cardio Pirjo	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	10:30-11:45 Kyosk Outdoor Strength&Cardio Central Park Kirchberg Nina	16.15 - 17.15 Hamm Fuego latin dance Annika
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 Mamer Yoga Kathy	17.15 - 18.15 Hamm Medium aerobics Kathy/Caro
20.15-21.15 Hall G/1 Power Hour strength & cardio Nina		20.15-21.15 Hall G/1 Medium pulse aerobics Annika				18.30-19.30 Hamm Barbell strength & cardio Nina
19.00 - 20.00 Kyosk - Outdoor Medium pulse Central Park Kirchberg Annika/Kathy		20.15-21.15 Hall G/2 Flex Soft mobility Maria				
19.00-20.00 Hamm Basic aerobics Minna		18.30-19.30 Hamm Barbell strength & cardio Nina / Åsa				