

MON	TUE	WED	THU	FRI	SAT	SUN
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 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 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 Dance Rosie	17.15 - 18.15 Hamm Medium aerobics Kathy/Caro/Veera
20.00-21.00 Merl Medium/ Medium pulse aerobics Annika/ Kathy		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 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		18.30-19.30 Hamm Barbell strength & cardio Samantha				
19.00-20.00 Hamm Basic aerobics Minna		19.45-20.45 Hamm Circuit training strength & cardio Pirjo				