

<b>MON 08.01</b>	<b>TUE 09.01</b>	<b>WED 10.01</b>	<b>THU 11.01</b>	<b>FRI 12.01</b>	<b>SAT 13.01</b>	<b>SUN 14.01</b>
18.00-19.00 Kiem <b>Flex</b> mobility Maria	19.00-20.00 EF <b>Flex soft</b> mobility Maria	19.15-20.15 Hall G/1 <b>Core</b> balance & strength Minna	18.30-19.30 EF <b>Barbell</b> strength Åsa	18.30-19.30 EF <b>Circuit training</b> strength & cardio Stefanos	10.00-11.00 Mamer <b>Medium</b> aerobics Veera	10.30-11.30 EF <b>no class</b>
19.15-20.15 Hall G/1 <b>Intensive</b> aerobics Stefanos	20.00-21.00 EF <b>Basic</b> aerobics Minna	19.15-20.15 Hall G/2 <b>no class</b>	19.00-20.00 Konviktsgaard <b>Medium</b> aerobics Kathy		10.00-11.00 ISL Lower School <b>Dance</b> Suvi	11.30-12.30 EF <b>Fuego</b> latin dance Suvi
20.00-21.00 Merl <b>Medium pulse</b> aerobics Annika		20.15-21.15 Hall G/1 <b>Medium pulse</b> aerobics Annika	20.00-21.00 Konviktsgaard <b>Yoga</b> Kathy		10.45-12.00 EF <b>Barbell interval</b> strength & cardio Nina	12.30-13.30 EF <b>Basic</b> aerobics Minna
20.15-21.15 Hall G/1 <b>HIIT</b> strength & cardio Samantha		20.15-21.15 Hall G/2 <b>Power hour</b> strength & cardio Nina				17.00-18.00 EF <b>Medium pulse</b> aerobics Annika
		20.00-21.00 PD Muhlenbach <b>no class</b>				18.15-19.15 EF <b>Barbell</b> strength Samantha

<b>MON 15.01</b>	<b>TUE 16.01</b>	<b>WED 17.01</b>	<b>THU 18.01</b>	<b>FRI 19.01</b>	<b>SAT 20.01</b>	<b>SUN 21.01</b>
18.00-19.00 Kiem <b>Flex</b> mobility Maria	19.00-20.00 EF <b>Flex soft</b> mobility Maria	19.15-20.15 Hall G/1 <b>Core</b> balance & strength Minna	18.30-19.30 EF <b>Barbell</b> strength Åsa	18.30-19.30 EF <b>Circuit training</b> strength & cardio Stefanos	10.00-11.00 Mamer <b>Medium</b> aerobics Veera	11.30-12.30 EF <b>Fuego</b> latin dance Suvi
19.15-20.15 Hall G/1 <b>Intensive</b> aerobics Stefanos	20.00-21.00 EF <b>Basic</b> aerobics Minna	19.15-20.15 Hall G/2 <b>BoxFit</b> strength & cardio Stefanos	19.00-20.00 Konviktsgaard <b>Medium</b> aerobics Kathy		10.00-11.00 ISL Lower School <b>Dance</b> Suvi	12.30-13.30 EF <b>Basic</b> aerobics Minna
20.00-21.00 Merl <b>Medium</b> aerobics Kathy		20.15-21.15 Hall G/1 <b>Medium pulse</b> aerobics Annika	20.00-21.00 Konviktsgaard <b>Yoga</b> Kathy		10.45-12.00 EF <b>Barbell interval</b> strength & cardio Nina	17.00-18.00 EF <b>Medium</b> aerobics Kathy
20.15-21.15 Hall G/1 <b>HIIT</b> strength & cardio Samantha		20.15-21.15 Hall G/2 <b>Power hour</b> strength & cardio Nina				18.15-19.15 EF <b>Barbell</b> strength Samantha
		20.00-21.00 PD Muhlenbach <b>Dance</b> Rosie				

<b>MON 22.01</b>	<b>TUE 23.01</b>	<b>WED 24.01</b>	<b>THU 25.01</b>	<b>FRI 26.01</b>	<b>SAT 27.01</b>	<b>SUN 28.01</b>
18.00-19.00 Kiem <b>Flex</b> mobility Maria	19.00-20.00 EF <b>Flex soft</b> mobility Maria	19.15-20.15 Hall G/1 <b>Core</b> balance & strength Minna	18.30-19.30 EF <b>Barbell</b> strength Åsa	18.30-19.30 EF <b>Circuit training</b> strength & cardio tbc	10.00-11.00 Mamer <b>Medium</b> aerobics Veera	11.30-12.30 EF <b>Medium</b> aerobics Veera
19.15-20.15 Hall G/1 <b>Intensive</b> aerobics Stefanos	20.00-21.00 EF <b>Basic</b> aerobics Minna	19.15-20.15 Hall G/2 <b>BoxFit</b> strength & cardio Stefanos	19.00-20.00 Konviktsgaard <b>Medium</b> aerobics Annika		10.00-11.00 ISL Lower School <b>Dance</b> Suvi	12.30-13.30 EF <b>Basic</b> aerobics Minna
20.00-21.00 Merl <b>Medium</b> aerobics Kathy		20.15-21.15 Hall G/1 <b>Medium pulse</b> aerobics Annika	20.00-21.00 Konviktsgaard <b>Yoga</b> Kathy		10.45-12.00 EF <b>no class</b>	17.00-18.00 EF <b>Medium</b> aerobics Carolina
20.15-21.15 Hall G/1 <b>HIIT</b> strength & cardio Samantha		20.15-21.15 Hall G/2 <b>Power hour</b> strength & cardio Nina				18.15-19.15 EF <b>Barbell</b> strength Samantha
		20.00-21.00 PD Muhlenbach <b>Dance</b> Rosie				

<b>MON 29.01</b>	<b>TUE 30.01</b>	<b>WED 31.01</b>	<b>THU 01.02</b>	<b>FRI 02.02</b>	<b>SAT 03.02</b>	<b>SUN 04.02</b>
18.00-19.00 Kiem <b>Flex</b> mobility Maria	19.00-20.00 EF <b>Flex soft</b> mobility Maria	19.15-20.15 Hall G/1 <b>Core</b> balance & strength Minna	18.30-19.30 EF <b>Barbell</b> strength Nina	18.30-19.30 EF <b>Circuit training</b> strength & cardio tbc	10.00-11.00 Mamer <b>Medium</b> aerobics Veera	
19.15-20.15 Hall G/1 <b>Intensive</b> aerobics Stefanos	20.00-21.00 EF <b>Basic</b> aerobics Minna	19.15-20.15 Hall G/2 <b>BoxFit</b> strength & cardio Stefanos	19.00-20.00 Konviktsgaard <b>Medium</b> aerobics Kathy		10.00-11.00 ISL Lower School <b>Dance</b> Suvi	11.30-12.30 EF <b>Fuego</b> latin dance Suvi
20.00-21.00 Merl <b>Medium pulse</b> aerobics Annika		20.15-21.15 Hall G/1 <b>Medium pulse</b> aerobics Annika	20.00-21.00 Konviktsgaard <b>Yoga</b> Kathy		10.45-12.00 EF <b>Barbell interval</b> strength & cardio Nina	12.30-13.30 EF <b>Basic</b> aerobics Minna
20.15-21.15 Hall G/1 <b>HIIT</b> strength & cardio Samantha		20.15-21.15 Hall G/2 <b>Power hour</b> strength & cardio Nina				17.00-18.00 EF <b>Medium pulse</b> aerobics Annika
		20.00-21.00 PD Muhlenbach <b>Dance</b> Rosie				18.15-19.15 EF <b>Barbell</b> strength Samantha