

MON 14.05	TUE 15.05	WED 16.05	THU 17.05	FRI 18.05	SAT 19.05	SUN 20.05
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	16.15 - 17.15 Hamm Circuit training strength & cardio Martin	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		17.30 - 18.30 Hamm Yoga Kathy	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				
20.15-21.15 Hall G/1 HIIT strength & cardio Samantha		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 Samantha				

MON 21.05	TUE 22.05	WED 23.05	THU 24.05	FRI 25.05	SAT 26.05	SUN 27.05
	18.30-19.30 Hamm Circuit training strength & cardio Pirjo	18.30-19.30 Hamm Barbell strength & cardio 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 latin dance Annika
	19.30-20.30 Hamm Medium Pulse aerobics Annika		20.00-21.00 Konviktsgaard Yoga Kathy		17.30 - 18.30 Hamm Yoga Kathy	17.15 - 18.15 Hamm Medium aerobics Kathy/Caro/Veera