

MON 03.12	TUE 04.12	WED 05.12	THU 06.12	FRI 07.12	SAT 08.12	SUN 09.12
18.00-19.00 Kiem Flex mobility Maria	18.30-19.30 Hamm Circuit training strength & cardio Pirjo	18.30-19.45 Hamm Barbell Interval strength & cardio Nina	19.00-20.00 Konviktsgaard Medium aerobics Kathy	18.30-19.30 Hamm Circuit training strength & cardio Martin	9.30-10.30 Mamer Yoga Kathy	10.00-11.00 Hamm Step Explode dance & cardio Carolina
19.00-20.00 Hamm Medium pulse aerobics Annika	19.30-20.30 Hamm Flex Soft mobility Maria	19.15-20.15 Hall G/1 Medium pulse aerobics Annika	20.00-21.00 Konviktsgaard Yoga Kathy		10.30-11.30 Mamer On Hold	11.15-12.30 Hamm Barbell Interval strength & cardio Nina
20.00-21.00 Hamm Barbell strength & cardio Nina		19.15-20.15 Hall G/2 Yoga Kathy			11.30-12.30 Mamer Fuego latin dance Annika/Suvi	17.00-18.00 Hamm Medium pulse aerobics Annika
19.15-20.15 Hall G/1 Intensive aerobics Stefanos						

MON 10.12	TUE 11.12	WED 12.12	THU 13.12	FRI 14.12	SAT 15.12	SUN 16.12
18.00-19.00 Kiem Flex mobility Maria	18.30-19.30 Hamm Circuit training strength & cardio Pirjo	18.30-19.45 Hamm Barbell Interval strength & cardio Nina	19.00-20.00 Konviktsgaard Medium aerobics Kathy	18.30-19.30 Hamm Circuit training strength & cardio Martin	9.30-10.30 Mamer Yoga Kathy	10.00-11.00 Hamm Step Explode dance & cardio Carolina
19.00-20.00 Hamm Basic aerobics Minna	19.30-20.30 Hamm Flex Soft mobility Maria	19.30-20.30 Hall G/1 Christmas Mega aerobics	20.00-21.00 Konviktsgaard Yoga Kathy		10.30-11.30 Mamer On Hold	11.15-12.30 Hamm Barbell Interval strength & cardio Nina
20.00-21.00 Hamm Barbell strength & cardio Nina					11.30-12.30 Mamer Fuego latin dance Annika/Suvi	17.00-18.00 Hamm Flex mobility Maria
19.15-20.15 Hall G/1 Intensive aerobics Stefanos						