

MON 05.11	TUE 06.11	WED 07.11	THU 08.11	FRI 09.11	SAT 10.11	SUN 11.11
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 Mamer Dance Suvi	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	19.15-20.15 Hall G/1 Medium pulse aerobics Annika	19.00-20.00 Konviktsgaard Medium aerobics Kathy		10.30-11.30 Mamer Family Circuit Kathy/Suvi	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 Core balance & strength Minna	20.00-21.00 Konviktsgaard Yoga Kathy		11.30-12.30 Mamer Fuego latin dance Annika/Suvi	17.00-18.00 Hamm Medium aerobics Veera
19.15-20.15 Hall G/1 Intensive aerobics Stefanos						

MON 12.11	TUE 13.11	WED 14.11	THU 15.11	FRI 16.11	SAT 17.11	SUN 18.11
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 Mamer Dance Suvi	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	19.15-20.15 Hall G/1 Medium pulse aerobics Annika	19.00-20.00 Konviktsgaard Medium aerobics Kathy		10.30-11.30 Mamer Family Circuit Kathy/Suvi	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 Core balance & strength Minna	20.00-21.00 Konviktsgaard Yoga Kathy		11.30-12.30 Mamer Fuego latin dance Annika/Suvi	17.00-18.00 Hamm Medium aerobics Veera
19.15-20.15 Hall G/1 Intensive aerobics Stefanos						