

MON 17.09	TUE 18.09	WED 19.09	THU 20.09	FRI 21.09	SAT 22.09	SUN 23.09
19.00-20.00 Hamm	18.30-19.30 Hamm	18.30-19.45 Hamm	18.30-19.30 Hamm		9.30-10.30 Mamer	10.00-11.00 Hamm
Basic aerobics Minna	Circuit training strength & cardio Pirjo	Barbell Interval strength & cardio Nina	Circuit training strength & cardio Martin		Yoga Kathy	Step Explode dance & cardio Carolina
20.00-21.00 Hamm	19.30-20.30 Hamm	19.30-20.30 Hall G/1 MEGA SESSION aerobics	19.00-20.00 Konviktsgaard		10.30-11.30 Mamer	11.15-12.30 Hamm
Barbell strength & cardio Nina	Flex Soft mobility Maria		Medium aerobics Kathy		Family Circuit Kathy/Suvi	Barbell Interval strength & cardio Nina
19.15-20.15 Hall G/1			20.00-21.00 Konviktsgaard		11.30-12.30 Mamer	
Intensive aerobics Stefanos			Yoga Kathy		Fuego latin dance Annika/Suvi	
Coming Soon Kiem			Coming Soon Mamer			
Flex mobility Maria			Dance Suvi			