

MON 08.10	TUE 09.10	WED 10.10	THU 11.10	FRI 12.10	SAT 13.10	SUN 14.10
18.00-19.00 Kiem Flex mobility Maria	18.30-19.30 Hamm Circuit training strength & cardio Martin	18.30-19.45 Hamm Barbell Interval strength & cardio Nina	18.30-19.30 Hamm Circuit training strength & cardio Martin		9.30-10.30 Mamer Yoga Kathy	10.00-11.00 Hamm Circuit training strength & cardio Martin
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	19.00-20.00 Mamer Dance Suvi		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	19.00-20.00 Konviktsgaard Medium aerobics 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			20.00-21.00 Konviktsgaard Yoga Kathy			

MON 15.10	TUE 16.10	WED 17.10	THU 18.10	FRI 19.10	SAT 20.10	SUN 21.10
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	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 aerobics Kathy	19.30-20.30 Hamm Flex Soft mobility Maria	19.15-20.15 Hall G/1 Medium pulse aerobics Annika	19.00-20.00 Mamer Dance Suvi		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	19.00-20.00 Konviktsgaard Medium aerobics 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			20.00-21.00 Konviktsgaard Yoga Kathy			