MON 09.07	TUE 10.07	WED 11.07	THU 12.07	FRI 13.07	SAT 14.07	SUN 15.07
18.00-19.00 Kiem **Flex** mobility Maria	18.30-19.30 Hamm **Circuit training** strength & cardio Pirjo	19.00 - 20.00 Hamm **Core** balance & strength Minna	19.00 - 20.00 Merl Park **Flex Soft** mobility Maria	18.30-19.30 Hamm **Circuit training** strength & cardio Martin		17.30 - 18.30 Hamm **Fuego** latin dance Suvi
19.00 - 20.00 Kyosk - Outdoor **Basic** Central Park Kirchberg Minna						