

MON 10.07	TUE 11.07	WED 12.07	THU 13.07	FRI 14.07	SAT 15.07	SUN 16.07
18.00-18.50 Kiem Flex Maria						
19.00-20.00 d`Coque park Medium Veera	20.00 – 21.00 EF Basic Pulse Sanna		19.00-20.00 d`Coque Park Circuit training Stefanos			11.30-12.30 EF Flex Maria
	20.00 – 21.00 PD Yoga Kathy		18.30 – 19.30 EF Barbell Åsa			
						18.00 – 19.00 EF Barbell Samantha

MON 17.07	TUE 18.07	WED 19.07	THU 20.07	FRI 21.07	SAT 22.07	SUN 23.07
19.00-20.00 d`Coque park Flex Maria			19.00-20.00 EF Circuit training Stefanos			11.30-12.30 EF Medium Kathy
	20.00-21.00 EF Basic Pulse Sanna		19.00-20.00 d`Coque Park HIT Samantha			
						18.00 – 19.00 EF Barbell Samantha

MON 24.07	TUE 25.07	WED 26.07	THU 27.07	FRI 28.07	SAT 29.07	SUN 30.07
19.00 – 20.00 d`Coque park Medium Kathy			19.00-20.00 EF Circuit training Stefanos			11.30-12.30 EF Medium Kathy
	20.00-21.00 EF Basic Pulse Sanna		19.00 – 20.00 d`Coque Park Basic Pulse Sanna			18.00 – 19.00 EF Barbell Samantha

MON 31.07	TUE 01.08	WED 02.08	THU 03.08	FRI 04.08	SAT 05.08	SUN 06.08
19.00-20.00 d`Coque park HIT Samantha			18.30-19.30 EF Barbell Åsa			11.30-12.30 EF Medium Kathy
	20.00 – 21.00 EF Basic Pulse Sanna		19.00 – 20.00 d`Coque Park Medium Kathy			18.00 – 19.00 EF Barbell Samantha

MON 07.08	TUE 08.08	WED 09.08	THU 10.08	FRI 11.08	SAT 12.08	SUN 13.08
19.00-20.00 d`Coque park Medium Kathy			18.30-19.30 EF Barbell Samantha			11.30-12.30 EF Yoga Kathy
	20.00 – 21.00 Basic Pulse Sanna		19.00-20.00 d`Coque Park Medium Strength Åsa			18.00 – 19.00 EF Medium Pulse Annika

MON 14.08	TUE 15.08	WED 16.08	THU 17.08	FRI 18.08	SAT 19.08	SUN 20.08
19.00 – 20.00 d`Coque park Basic Pulse Sanna		18.15-19.15 Coque Outdoor Intervall training Pirjo	18.30-19.30 EF Barbell Åsa			11.30-12.30 EF Medium Kathy
	20.00-21.00 EF Medium Kathy		19.00 – 20.00 d`Coque Park Medium Pulse Annika			18.00 – 19.00 EF Barbell Åsa

MON 21.08	TUE 22.08	WED 23.08	THU 24.08	FRI 25.08	SAT 26.08	SUN 27.08
19.00-20.00 d`Coque park Flex Maria			18.30-19.30 EF TBC			11.30-12.30 EF Fuego Suvi
	20.00 – 21.00 EF Basic Pulse Sanna		19.00 – 20.00 d`Coque Park Medium Veera			12.30 – 13-30 EF Basic Pulse Sanna
						17.00-18.00 EF Medium Kathy
						18.15-19.15 EF TBC

MON 28.08	TUE 29.08	WED 30.08	THU 31.08	FRI 01.09	SAT 02.09	SUN 03.09
						10.30 – 11.30 EF Family Nina
19.00-20.00 d`Coque park Dance/Fuego Suvi	19.00-20.00 EF Flex Maria		18.30-19.30 EF Barbell Åsa			11.30-12.30 EF Power Hour Nina
	20.00 – 21.00 EF Medium Pulse Annika		19.00 – 20.00 d`Coque Park HIT Samantha			12.30-13.30 EF Basic Pulse Sanna
						17.00-18.00 EF Medium Kathy
						18.15 – 19.15 EF Barbell Samantha