

MON 11.9	TUE 12.9	WED 13.9	THU 14.9	FRI 15.9	SAT 16.9	SUN 17.9
				OPEN DOORS WEEKEND	10.00-11.00 Mamer BoxFit strength & cardio Stefanos	10.00-11.00 EF Medium aerobics Kathy
					10.00-11.00 EF Medium aerobics Veera	11.15-12.15 EF Flex mobility Maria
	19.00-20.00 EF Flex mobility Maria		18.30-19.30 EF Barbell strength Åsa	18.15-19.15 EF Basic aerobics Minna	11.30-12.30 EF Dance Rosie	12.45-13.45 EF Medium pulse aerobics Annika
	20.00-21.00 EF Medium aerobics Veera			19.30-20.30 EF Intensive aerobics Stefanos	13.00-14.00 EF Barbell strength Åsa	14.00-15.00 EF Core balance & strength Minna
19.00-20.00 park / Coque Medium pulse aerobics Annika					14.30-15.30 EF Fuego latin dance Suvi	18.15-19.15 EF Circuit training strength & cardio Stefanos
					16.00-17.00 EF Guest class Emma	