

v24**11-17.6.2018**

| Maanantai | Tiisital | Keskiviikko | Torstai |
|----------------------------|--------------------------------|---------------------------------|---------------------------------|
| 9:15 CxWorks / Marko | 9:00 TRX / Hemmo | 8:00 Spinning / Mia | 10:00 Vatsa-Pakara HIIT / Sanna |
| 10:00 Yin jooga / Kati | 10:00 Foamroller / Hemmo | 9:00 Jooga / Milla-Maria | 16:00 AC TC / Hemmo |
| 17:00 AC TC / Hemmo | 16:30 Areena LGenDARy / Hemmo | 17:00 Lihaskunto / Sonja | 17:00 Spinning / Maaret |
| 18:00 Kahvakuula / Mia | 17:00 Jooga / Kati | 17:10 TRX / Sanna | 17:30 Kahvakuula / Pia |
| 19:00 Body Pump / Vanessa | 17:00 Spinning / Pia | 18:00 Spinning / Sonja | 18:10 AP TC / Maaret |
| 19:00 Syvävenyttely / Anna | 17:30 Vatsa-Pakara HIIT / Anna | 18:00 Vatsa-Pakara HIIT / Sanna | 18:15 Cardio HIIT / Minna |
| | 18:10 Body Combat / Pia | 18:30 Kahvakuula / Hemmo | 18:30 Body Pump / Pia |
| | 19:00 AP TC / Ville | 19:00 Body Combat / Sonja | 19:10 Fascia Method / Minna |
| | | 19:10 Dance / Tero | |
| | | 20:00 Kehonhuolto / Tero | |

| Perjantai | Lauantai | Sunnuntai |
|------------------------------|-----------------------|---------------------------|
| 7:00 Spinning / Mia | 10:00 AC TC / Sanna | 16:45 Zumba / Anton |
| 9:00 AC TC / Mia | 11:00 Sprint / Marko | 18:00 Body Pump / Vanessa |
| 17:00 Zumba / Anton | 11:35 CxWorks / Marko | 19:10 Body Balance / Anna |
| 17:30 Areena Sisu / Hemmo | | |
| 18:00 Whole body / Roosa | | |
| 18:20 Kuntonyrkkeily / Pekka | | |