

v.29**16.7-22.7.2018**

| Maanantai | Tiistai | Keskiviikko | Torstai |
|-----------------------------------|--------------------------------|---------------------------|--------------------------------|
| 9:15 CxWorks / Milla-Maria | 9:00 RVP / Kati | 8:00 Spinning / Kati | 9:00 Vatsa-Pakara HIIT / Kati |
| 10:00 Yin jooga / Milla-Maria | 10:00 Foamroller / Kati | 9:00 Jooga / Kati | 17:00 Spinning / Anna |
| 17:10 Spinning / Sonja | 17:00 Jooga / Kati | 17:00 Lihaskunto / Sonja | 17:30 Kahvakuula / Pia |
| 18:00 Kahvakuula / Pia | 17:00 Spinning / Pia | 18:00 Spinning / Sonja | 18:10 AP TC / Ville |
| 19:00 Body Pump / Vanessa | 17:30 Vatsa-Pakara HIIT / Anna | 18:30 Kahvakuula / Pia | 18:15 Cardio HIIT / Anna |
| 19:00 Syvävenyttely / Milla-Maria | 18:10 Body Combat / Pia | 19:00 Body Combat / Sonja | 18:30 Body Pump / Pia |
| | 19:00 AP TC / Ville | 19:10 Dance / Tero | 19:10 Foamroller / Milla-Maria |
| | | 20:00 Kehonhuolto / Tero | |

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