

v.31**30.7-5.8.2018**

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

| Perjantai | Lauantai | Sunnuntai |
|------------------------------|-----------------------|---------------------------|
| 9:00 AC TC / Sanna | 10:00 AC TC / Sanna | 16:45 Zumba / Anton |
| 17:00 Zumba / Anton | 11:00 Sprint / Marko | 18:00 Body Pump / Kati |
| 17:30 AP TC / Maaret | 11:35 CxWorks / Marko | 19:10 Body Balance / Kati |
| 18:00 Whole body / Roosa | | |
| 18:20 Kuntoryrkkeily / Pekka | | |