

Maanantai	Tiistai	Keskiviikko	Torstaina
17:15 Flowride Groove / Minna 45 V	9:00 TRX / Hemmo 60 V	9.00 IISI Body/ Sanna 45 Y	9.00 ACTC / Kati 60 Y
17.30 BodyStep / Milla-Maria 60	17:00 RVP / Anna 45	16.30 Kahvakuula / Maaret 60 Y	16:30 Areena SISU / Hemmo 45 Y
18:00 ACTC / Hemmo 60 Y	17.30 Body Attack / Vanessa 60	17.30 Dance / Juho 60	17.00 BodyStep / Veera 45
18.15 IISI Terve Selkä / Minna 45	17:30 AP TC / Ville 60 Y	17.40 ACTC / Maaret 60 Y	18.00 Body Attack / Veera 60
18.45 Dance / Tero 45	18.00 Venyttely / Anna 45	17:40 Flowride / Pia 60 V	18:00 PowerBall / Minna 45
19.45 Venyttely / Tero 45	18.40 Body Combat / Pia 60	18.40 RVP / Juho 45	19.00 FasciaMethod / Minna 45
		18:50 Body Pump / Pia 60	

Perjantai	Lauantai	Sunnuntai
9:00 RVP / Sanna 45 Y	10.00 Dance / Maritza 60	16.00 Flowride / Vanessa 60
16:45 ACTC / Kati 60	11.15 APTC / Maritza 60 Y	17.15 Body Pump / Vanessa 60
18.00 Jooga / Kati 60	11.30 Body Combat / Marko 55	18.30 Zumba / Anton 60