

Maanantai

9.00 Pilates (tauolla 26.6.-30.7.)	BM
16.30 Bodypump	AS
16.50 Terve Selkä 45	YS
17.40 Spinning B	SP
17.40 RVP ²	AS
17.45 Kahvakuula 45	YS
18.50 Bodycombat	AS
18.55 Hotjooga	BM

Torstai

13.00 Seniorit Venyttelen vetreäksi (tauolla 26.6.-13.8.)	AS
16.30 Lavis - Lavatanssijumppa	AS
16.30 Hotjooga	BM
17.30 Circuit	CS
17.40 Spinning A	SP
17.40 RVP ² 45	AS
17.40 Kuntonyrkkeily perus	YS
18.00 Hölkkäklubi -kurssi	BM
18.35 Bodystep	AS
18.50 Venyttely	YS
19.45 CxWorx 30 (tauolla 26.6.-30.7.)	AS

Tiistai

8.15 Spinning B 45	SP
10.00 Seniorit Kuntojumppa (tauolla 26.6.-13.8.)	AS
16.30 Äijäjooga (tauolla 26.6.-30.7.)	BM
16.50 Kuntojumppa 45	YS
17.45 Kuntonyrkkeily perus	YS
18.00 Puistojumppa Myllysaari (6.6.-15.8.)	BM
18.00 Bodypump	AS
18.00 Spinning B	SP
18.00 Roller-rullavenyttely	BM
18.55 Shbam 45 (tauolla 26.6.-30.7.)	YS
19.10 Bootcamp 45	AS
19.15 Pilates (tauolla 26.6.-30.7.)	BM

Perjantai

7.30 Hotjooga (avainkortilla)	BM
8.50 Spinning B	SP
10.00 Asahi 45 (tauolla 26.6.-30.7.)	YS
16.50 Bodypump	AS
17.15 Grit Plyo/Cardio 30 (tauolla 26.6.-30.7.)	YS

Lauantai

10.10 Spinning B (tauolla 26.6.-30.7.)	SP
11.20 Bodypump (tauolla 26.6.-30.7.)	AS

Keskiviikko

8.50 Spinning B	SP
9.00 SenioriCircuit Voimaa ja kehonhallintaa	CS
10.00 Bodypump	AS
16.45 Body	YS
17.10 Grit Strength 30	AS
17.50 Bodyattack	AS
17.55 Bailatino (tauolla 26.6.-30.7.)	YS
19.00 Zumba®	AS
19.05 Kahvakuula 45	YS
19.10 Hotjooga lempeä	BM

Sunnuntai

17.00 Bodypump	AS
18.10 Bodybalance	AS

Tilojen lyhenteet

AS = Alasali
 YS = Yläsali
 SP = Spinningsali
 BM = Body&Mindsali
 CS = Circuitsali

