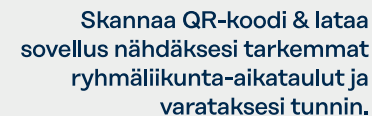


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12.5 - 30.6.2025 & 1.8 - 31.8.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
		7:15 Pilates 45				
10:00 Indoor Cycling Beat 45	9:00 Jooga 75	10:00 Les Mills Core 30	10:00 Peppu-vatsa 60	10:00 Indoor Cycling Base 60	9:00 Indoor Cycling Beat 60	9:45 Pilates 60
11:00 Bodypump 60		10:45 Kehonhuolto 60	11:15 Indoor Cycling Interval 45	11:15 Kehonhuolto 45	10:15 Bodypump 60	
					11:30 Bodybalance 60	11:45 Power Jooga 90
				15:00 Bodypump 60		
16:00 DanceMix 60	16:30 BodyBalance 45	16:00 Yoga In The Park 60	16:15 Kehonhuolto In The Park 60	16:15 BodyCombat 60		16:00 Indoor Cycling Interval 60
17:15 BodyAttack 45	17:30 BodyCombat 60	17:15 Peppu-vatsa 60	17:30 Peppu-vatsa In The Park 60	17:30 Les Mills Core 30		17:15 Vaihtuva tunti 60
17:15 Indoor Cycling Base 45	17:30 Indoor Cycling Beat 60	18:30 BodyJam 60	17:30 BodyJam 60	18:15 Indoor Cycling Beat 60		18:30 Vaihtuva tunti 60
18:15 Indoor Cycling Endurance 75	18:45 Bodypump 60	18:30 Indoor Cycling Base 60	18:45 Les Mills Core 45	18:15 Kehonhuolto 45		
18:15 Bodypump 60	20:00 Jooga 60	19:45 Pilates 60		19:15 Pilates 60		
19:30 Kehonhuolto 60						