

Helmikuu - februari

MAANANTAI MÅNDAG	TIISTAI TISDAG	KESKIVIIKKO ONSDAG	TORSTAI TORSDAG	PERJANTAI FREDAG	LAUANTAI LÖRDAG	SUNNUNTAI SÖNDAG
29 17.30 Cardio Blast45 18.30 Flow Yoga60	30 17.15 Stronger60 17.15 PhysioPilates60 18.30 Dance45	31 9.15 Babymama Flow45 17.30 FIT MIX45 19.00 POUND45	01 17.00 Let's Body!50 = Body 18.00 Soft Flow Yoga60	02 7.00 HIIT30 7.30 Stretch30	03 10-14 OPEN HOUSE 10.30 POUND45	04 17.00 Mobility45 18.00 Yin Yoga60
05 17.30 Cardio Blast45 18.30 Flow Yoga60	06 16.15 Neck&Back45 17.15 Stronger60 17.15 PhysioPilates60 18.30 Dance45	07 9.15 Babymama Flow45 17.30 FIT MIX45 19.00 POUND45	08 17.00 Let's Body!50 = Keppijumppa 18.00 Soft Flow Yoga60	09 07.00 HIIT30 07.30 Stretch30	10 10.30 POUND45	11 17.00 Mobility45 18.00 Yin Yoga60
12 17.30 Cardio Blast45 18.30 Flow Yoga60	13 16.15 Neck&Back45 17.15 Stronger60 17.15 PhysioPilates60 18.30 Dance45	14 9.15 Babymama Flow45 17.30 FIT MIX45 19.00 POUND45	15 17.00 Let's Body!50 = Tanssi 18.00 Soft Flow Yoga60	16 07.00 HIIT30 07.30 Stretch30	17 10.30 POUND45 BAM STUDIO 1 YEAR BIRTHDAY PARTY!	18 17.00 Mobility45 18.00 Yin Yoga60
19 17.30 Cardio Blast45 18.30 Flow Yoga60	20 16.15 Neck&Back45 17.15 Stronger60 18.30 Dance	21 9.15 Babymama Flow45 17.30 FIT MIX45 19.00 POUND45	22 17.00 Let's Body!50 = RPV 18.00 Soft Flow Yoga60	23 7.00 HIIT30 7.30 Stretch30	24 10.30 POUND45	25 17.00 Mobility45 18.00 Yin Yoga60
26 17.30 Cardio Blast45 18.30 Flow Yoga60	27 16.15 Neck&Back45 17.15 Stronger60 18.30 Dance45	28 9.15 Babymama Flow45 17.30 FIT MIX45 19.00 POUND45	29 17.00 Let's Body!50 = Body 18.00 Soft Flow Yoga60	01 7.00 HIIT30 7.30 Stretch30	02 10.30 POUND45	03 17.00 Mobility45 18.00 Yin Yoga60

Vihreä / grön = kurssi tai workshop lisämaksulla / kurs eller workshop med tilläggsavgift

Ilmoitaudu ajanvarausjärjestelmän kautta. / Anmälning görs via bokningssystemet. **BODY & MIND**

STUDIO