

Toukokuu - maj

MAANANTAI MÅNDAG	TIISTAI TISDAG	KESKIVIikko ONSDAG	TORSTAI TORSDAG	PERJANTAI FREDAG	LAUANTAI LÖRDAG	SUNNUNTAI SÖNDAG
29 17.30 CardioMix45 18.30 FasciaMethod60	30 16.15 Neck&Back45 17.15 Stronger60 18.30 Dance45	01	02 12.00 Baby Mama Workout45 17.00 Let's Body!50 = Body 18.00 Soft Flow Yoga60	03 7.00 HIIT30 7.30 Stretch30 18.00 Art & Mind Workshop (sv)	04 10.30 POUND45	05 17.00 Mobility45 18.00 Yin Yoga60
06 17.30 CardioMix45 18.30 FasciaMethod60	07 16.15 Neck&Back45 17.15 Stronger60 18.30 Dance45	08 17.30 FIT MIX45 19.00 POUND45	09	10 07.00 HIIT30 07.30 Stretch30 18.00 Sointukylpy	11 10.30 POUND45	12 17.00 Mobility45 18.00 Yin Yoga60
13 17.30 CardioMix45 18.30 FasciaMethod60	14 16.15 Neck&Back45 17.15 Stronger60 18.30 Dance45	15 17.30 FIT MIX45 19.00 POUND45	16 12.00 Baby Mama Workout45 17.00 Let's Body!50 = RPV 18.00 Soft Flow Yoga60	17 07.00 HIIT30 07.30 Stretch30	18 10.30 POUND45	19 17.00 Mobility45 18.00 Yin Yoga60
20 17.30 CardioMix45 18.30 FasciaMethod60	21 17.15 Stronger60 18.30 Dance45	22 13.00 Art & Mind Workshop (sv) 17.30 FIT MIX45 19.00 POUND45	23 12.00 Baby Mama Workout45 17.00 Let's Body!50 = Keppijumppa 18.00 Soft Flow Yoga60	24 7.00 HIIT30 7.30 Stretch30 18.00 Art & Mind Workshop (suom.)	25 10.30 POUND45	26 17.00 Mobility45 18.00 Yin Yoga60
27 17.30 CardioMix45 18.30 FasciaMethod60	28 16.15 Neck&Back45 17.15 Stronger60 17.15 PhysioPilates60 18.30 Dance45	29 17.30 FIT MIX45 19.00 POUND45	30 12.00 Baby Mama Workout45 17.00 Let's Body!50 = Tanssi 18.00 Soft Flow Yoga60	31 7.00 HIIT30 7.30 Stretch30	01	02 BODY & MIND STUDIO

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

Ilmoitaudu ajanvarausjärjestelmän kautta. / Anmälning görs via bokningssystemet.