

Lokakuu - oktober

MAANANTAI MÅNDAG	TIISTAI TISDAG	KESKIVIIKKO ONSDAG	TORSTAI TORSDAG	PERJANTAI FREDAG	LAUANTAI LÖRDAG	SUNNUNTAI SÖNDAG
30 17.15 CardioMix45 18.00 FasciaMethod60	01 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	02 7.30 Selfcare45 17.30 Let's Body!55 19.00 POUND45	03 17.00 Fustra45 18.00 Soft Flow Yoga60	04 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45 18.30 Art & Mind Workshop	05 10.30 POUND	06 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
07 17.15 Cardio Core45 18.15 FasciaMethod60	08 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	09 17.30 Let's Body!55 19.00 POUND45	10 17.00 Fustra45 18.00 Soft Flow Yoga60	11 07.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45	12 10.30 POUND	13 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
14 17.15 Cardio Core45 18.15 FasciaMethod60	15 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	16 17.30 Let's Body!55 19.00 POUND45	17 17.00 Fustra45 18.00 Soft Flow Yoga60	18 07.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45 18.15 Halloween Twerk 19.45 Sensual Twerk	19 10.30 POUND	20 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
21 17.15 Cardio Core45 18.15 FaciaMethod60	22 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	23 17.30 Let's Body!55 19.00 POUND45	24 17.00 Fustra45 18.00 Soft Flow Yoga60	25 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45	26 10.30 POUND	27 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60 19.30 Sointukylpy
28 17.15 Cardio Core45 18.15 FasciaMethod60	29 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	30 17.30 Let's Body!55 19.00 POUND45	31 17.00 Fustra45 18.00 Soft Flow Yoga60	01	02	03 BODY & MIND STUDIO

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

Ilmoitaudu ajanvarausjärjestelmän kautta. / Anmälan görs via bokningssystemet.