

# Marraskuu - november

MAANANTAI MÅNDAG	TIISTAI TISDAG	KESKIVIikko ONSDAG	TORSTAI TORSDAG	PERJANTAI FREDAG	LAUANTAI LÖRDAG	SUNNUNTAI SÖNDAG
<b>BODY &amp; MIND</b> STUDIO	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 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45	02 10.30 POUND	03 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
04 17.15 Cardio Core45 18.15 FasciaMethod60	05 7.00 FIT Mix45 17.15 Stronger60 (light) 17.30 Äijäjooga 18.30 Stronger60 (heavy) 18.30 Pilates60	06 7.30 Selfcare45 17.45 PowerStick Body55 19.00 POUND45	07 17.00 Fustra45 18.00 Soft Flow Yoga60	08 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45	09 10.30 POUND	10 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
11 17.15 Cardio Core45 18.15 FasciaMethod60	12 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	13 7.30 Selfcare45 17.45 Powerstick Body55 19.00 POUND45	14 17.00 Fustra45 18.00 Soft Flow Yoga60	15 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45 18.15 Christmas Twerkout	16 10.30 POUND 13.00 Pimppipumppi	17 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
18 17.15 Cardio Core45 18.15 FasciaMethod60	19 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	20 7.30 Selfcare45 17.45 Powerstick Body55 19.00 POUND45	21 17.00 Fustra45 18.00 Soft Flow Yoga60	22 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45	23 10.30 POUND BAM FAMILY CHRISTMAS PARTY	24 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60
25 17.15 Cardio Core45 18.15 FasciaMethod60	26 7.00 FIT Mix45 17.15 Stronger60 (light) 18.30 Stronger60 (heavy) 18.30 Pilates60	27 7.30 Selfcare45 17.45 Powerstick Body55 19.00 POUND45	28 17.00 FasciaMethod Core45 18.00 Soft Flow Yoga60	29 7.00 HIIT+Stretch60 16.15 Stronger60 17.15 Dance45	30 10.30 POUND	01 16.00 FIT Mix45 17.00 Mobility45 18.00 Yin Yoga60 19.30 Sointukylpy

**Vihreä / grön** = kurssi tai workshop lisämaksulla / kurs eller workshop med tilläggsavgift.  
Ajanvaraus / Bokning: [slotti.fi/booking/coachellaoy](https://slotti.fi/booking/coachellaoy)

**Musta / Svart** = ryhmäliikuntatunti (sisältyy jäsenyyteen) / grupptimme (ingår i medlemskapet)  
Ajanvaraus / Bokning: [avoinna24.fi/coachella/reservation](https://avoinna24.fi/coachella/reservation)

**Punainen / Röd** = Vain BAM Familyn jäsenille / Endast för BAM Familys medlemmar.