

YKKÖSSALI

	Ma	Ti	Ke	To	Pe	La	Su
10.20				Vatsa-peppu Heli 60'	Zumba Teresa 50'	Bodystep Heli 60'	
11.30						Bodycombat Jaana 60'	
15.55	Bootcamp Jaana 50'	Zumba Teresa 50'	Bodycombat Jaana 60'	Kuntopiiri Teresa 50'	Bodycombat Jaana 60'		
17.00	Bodystep Heli 60'	Batuka Teresa 50'	Kuntojumppa Heli 30'	Zumba Johanna 50'	Zumba Teresa 50'		
17.35			Venyttely Heli 30'				
18.10	Zumba Johanna 50'	Kiinteytys Johanna 50'	Vatsa-peppu Heli 50'	Bodystep Heli 60'			Vatsa-peppu Johanna 60'
19.15	Bodycombat Johanna F 60'	ÅÅ Bodystep	Salsa Teresa 50'	ÅÅ Bodycombat			Zumba Johanna 50'
20.20	Venyttely Johanna F 30'						

KAKKOSSALI

	Ma	Ti	Ke	To	Pe	La	Su
10.30	Bodybalance Jutta 60'	Bodypump Teresa 60'	CorePilates Teresa 60'			Bodypump Jutta 60'	
11.40						Bodybalance Jutta 60'	
14.00						Funktionaalinen harjoittelu Heli 50'	
15.00							
16.20		Bodybalance Jutta 60'	ÅÅ Bodypump			Bodypump Heli 60'	
17.25	Bodypump Linda 60'	Funktionaalinen harjoittelu Heli 50'	Body Jaana 50'	Bodybalance Teresa 60'	CorePilates Heli 50'		
18.30	CorePilates Teresa 50'	Evergreen Heli 60'	Keppijumppa Teresa 30'	Bodypump Teresa 60'			
19.35	Funky Teresa 60'	Bodypump Jaana 60'	Bodybalance Jutta 60'	Kuntorykkeily Andreas 60'			

INDOORCYCLING

	Ma	Ti	Ke	To	Pe	La	Su
10.40						Perus Johanna 50'	
16.30	Perus Sami 50'		Cardio Sami 50'				
17.45	Cardio Sami 50'	Cardio Linda 50'	Perus Johanna 50'	Mountain Sami 50'	Cardio Johanna 50'		
18.50	ÅÅ Cycling	Intervalli Sami 50'		Perus Johanna 30'			Cardio Sami 60'
19.55							

ASIAKASPALVELU AVOINNA | Lastenvalvonta

MA-TO	10.00-21.00	MA-TO	16.00-20.00
PE	10.00-18.00	TI-PE	10.00-12.00
LA	10.00-16.00	PE	16.00-18.00
SU	16.00-20.00	LA	10.00-15.00

Vaunuajat TI ja TO 10.00-14.00 ja SU 6.00-24.00

AVAINKORTILLA arkisin 05-24 viikonloppuna 06-24

Allasjummat www.fysiohetki.fi



