

MAANANTAI

kello	ENERGIALÄHDE	SATUMAA	JOUTSENLAMPI
08.00-09.00			
09.00-10.00	TNV-Body 9:00-10:00		
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00	SummerDance 17:00-17:55		
18.00-19.00	TNV-Body 18:00-18:55		Evelia 18:00-19:30
19.00-20.00	Pilates 19:00-20:00		Pilates 19:00-20:00
20.00-21.00			

TIISTAI

08.00-09.00			
09.00-10.00	TNV-Power 9:00-10:00		
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00	TNV-Pumppi 17:00-17:55	TIERA	
18.00-19.00	Zumba 18:00-19:00	TIERA	
19.00-20.00	Jooga 19:00-20:00		
20.00-21.00			

KESKIVIIKKO

08:00-09:00			
09.00-10.00	Core + venyttelyt 9:00-10:00		
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00	Rope Skipping 17:30-18:25		
18.00-19.00	SummerDance 18:30-19:30		
19.00-20.00			SunSiskåt 19:00-20:00
20.00-21.00			

TORSTAI

08.00-09.00			
09.00-10.00	TNV-Body 9:00-10:00		
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00	TNV-Pumppi 17:00-17:55		
18.00-19.00			
19.00-20.00	SuperSiskåt 19:30-21:00		
20.00-21.00	SuperSiskåt 19:30-21:00		

PERJANTAI

kello	ENERGIALÄHDE	SATUMAA	JOUTSENLAMPI
08.00-09.00			
09.00-10.00	TNV-Power 9:00-10:00		
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00			
18.00-19.00			
19.00-20.00	SuperSiskåt 18:45-20:00		
20.00-21.00			

LAUANTAI

08.00-09.00			
09.00-10.00			
10.00-11.00			Eden 10:30-11:30
11.00-12.00			Elodie 11:30-13:00
12.00-13.00			Elodie 11:30-13:00
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00			
18.00-19.00			
19.00-20.00			
20.00-21.00			

SUNNUNTAI

08.00-09.00			
09.00-10.00			
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00			
17.00-18.00			
18.00-19.00	Sunday Workout 18:00-19:00		
19.00-20.00	MixSiskåt 19:30-21:00		
20.00-21.00	MixSiskåt 19:30-21:00		