

MAANANTAI

kello	ENERGIALÄHDE	SATUMAA	JOUTSENLAMPI
08.00-09.00			
09.00-10.00	Morning Workout 9:00-9:55		
10.00-11.00	Tuolijumppa 10:00-10:45		
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	EasyDance 17:00-17:55	JuniorFit 13-19v 17:00-17:50	Minivalmennus 17:00-18:00
18.00-19.00	TNV-Body 18:00-18:55	Estetical Nuput 5-7v 17:50-18:45	Evelia 18:00-19:30
19.00-20.00	Kehonhuolto 19:00-20:00	Akrobatiavoim. 9+v 18:45-19:45	JV-naiset 19:30-20:00
20.00-21.00	JV-naiset 20:00-21:00		

TIISTAI

08.00-09.00			
09.00-10.00	Lattarijumppa 9:00-9:55		
10.00-11.00	Kehonhuolto 10:05-11:05		
11.00-12.00		Vanhempi vauvajumppa klo 11:00-11:45	
12.00-13.00	Senioritanssit 12:30-13:45		
13.00-14.00			
14.00-15.00			
15.00-16.00			
16.00-17.00	Lavis 16:45-17:40		Satubaletti 16:30-17:15
17.00-18.00	TNV-Body 17:45-18:45	TIERA	Satubaletti 17:15-18:00
18.00-19.00	SoulSiskåt 18:45-20:15	TIERA	Esibaletti 18:00-18:45
19.00-20.00	SoulSiskåt 18:45-20:15	ShowJazz 18:50-19:50	HIIT 18:45-19:25
20.00-21.00			Aikuisbaletti 19:30-20:45

KESKIVIKKO

07:00-08:00			
08:00-09:00	Core + venyttelyt 8:30-9:30		
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	Keppijumppa 16:30-17:30		DanceKids 16:45-17:30
17.00-18.00	Buusteri 17:40-18:30	Sirkusninjat 17:00-17:45	DanceKids 17:30-18:15
18.00-19.00	Kehonhuolto 18:30-19:30		DanceKids 7-8v 18:15-19:00
19.00-20.00	Dance 19:30-20:30		SunSiskåt 19:00-20:00
20.00-21.00			

TORSTAI

08.00-09.00	TNV-power 8:30-9:25		
09.00-10.00	EasyDance 9:30-10:30		
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	TNV-Pumppi 16:30-17:25	DanceMix 16:45-17:30	Eden 16:30-17:30
17.00-18.00	Easy-step 17:30-18:25	Estetical Jr 8-10v 17:30-18:30	Elodie 17:30-18:30
18.00-19.00	Pilates 18:30-19:30	Esteical Jr 11+v 18:30-19:30	Itämainen tanssi alkeet 18:30-19:30
19.00-20.00	SuperSiskåt 19:30-21:00		Itämainen tanssi jatko 19:30-20:30
20.00-21.00	SuperSiskåt 19:30-21:00		

PERJANTAI

kello	ENERGIALÄHDE	SATUMAA	JOUTSENLAMPI
08.00-09.00			
09.00-10.00	Lihaskuntojumppa 9:00-9:55		
10.00-11.00	Jooga 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	Friday Workout 16:30-17:20		
17.00-18.00	Nia-tanssi 17:30-18:45		
18.00-19.00	Nia-tanssi 17:30-18:45		Diskotanssi alk.+jatko 18:00-19:00
19.00-20.00			
20.00-21.00			

LAUANTAI

08.00-09.00			
09.00-10.00	TNV-Pumppi 9:00-9:55		
10.00-11.00	Core + venyttelyt 10:00-10:55	Lasten jooga 10:15-11:00	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	PHA 9:30-10:30		
10.00-11.00			
11.00-12.00			
12.00-13.00			
13.00-14.00			
14.00-15.00	JV-naiset		
15.00-16.00	JV-naiset		
16.00-17.00	JV-naiset		
17.00-18.00	Sunday Workout 17:15-18:10	PerheGym 1-2v 16:45-17:15	
18.00-19.00	Nia-tanssi 18:15-19:30	PerheGym 3-5v 17:30-18:15	PikkuSiskåt 18:00-19:30
19.00-20.00	MixSiskåt 19:30-21:00		PikkuSiskåt 18:00-19:30
20.00-21.00	MixSiskåt 19:30-21:00		