

MAANANTAI

kello	ENERGIALÄHDE	SATUMAA	JOUTSENLAMPI
08.00-09.00			
09.00-10.00	TNV-Body klo 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	Bailatino klo 17:30-18:25		
18.00-19.00	Kynttiläkehonhuolto		
19.00-20.00	klo 18:35-19:35		
20.00-21.00			

TIISTAI

08.00-09.00	JOULUAATON TONTTUJUMPPA		
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			
19.00-20.00			
20.00-21.00			

KESKIVIikko

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			
19.00-20.00			
20.00-21.00			

TORSTAI

08.00-09.00			
09.00-10.00			
10.00-11.00			
11.00-12.00			
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13.00-14.00			
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16.00-17.00			
17.00-18.00			
18.00-19.00			
19.00-20.00			
20.00-21.00			

PERJANTAI

kello	ENERGIALÄHDE	SATUMAA	JOUTSENLAMPI
08.00-09.00			
09.00-10.00	TNV-Power klo 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			Barre klo 16:45-17:35
17.00-18.00	Pilates klo 17:45-18:45		
18.00-19.00	Pilates klo 17:45-18:45		
19.00-20.00			
20.00-21.00			

LAUANTAI

08.00-09.00			
09.00-10.00	TNV-pumppi klo 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			
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	Morning WO + pitkät venyt		
10.00-11.00	klo 9:30-10:45		
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			
18.00-19.00			
19.00-20.00	Jooga klo 19:00-20:00		
20.00-21.00			