



AALTO STUDIO

maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
		7:00 GRIT®strength 30 AZ	7:00 BodyAttack® 45 AS	7:00 BodyPump® 45 LL	10:15 BodyCombat® 60 SJ	10:15 BodyPump® 60 HV
		7:35 CXworx® 30 AZ			11:20 CXworx® 30 SJ	
	11:00 BodyPump® 45 GR				11:55 BodyPump® 60 IG	
15:40 CXworx® 30 HA			16:00 World Jumping® 30 IG			
16:20 Tone® 45 HA	16:30 BodyPump® 60 AG	16:10 BodyPump® 45 HA	16:35 CXworx® 30 IG	15:30 BodyPump® 45 HV		
17:10 Sh bam® 45 JA	17:40 GRIT®plyo 30 IG	17:00 Tone® 45 HP*	17:15 BodyPump® 45 IG	16:25 BodyAttack® 30 HV		
18:00 BodyCombat® 60 KT	18:20 World Jumping® 45 IG	17:50 BodyBalance® 60 HP*	18:05 GRIT®strength 30 KT	17:00 Sh bam® 45 LS		17:15 BodyPump® 60 AS/SS
19:05 BodyPump® 60 PL	19:20 BodyAttack® 60 NV	19:05 BodyJam® 60 KH	18:40 BodyCombat® 60 KT			18:25 BodyAttack® 60 AS/SS

TRIP STUDIO

		7:00 MorningRide 45 CH	7:35 The Trip® 40 #9 AS		7:00 The Trip® 40 #7 GR	11:00 The Trip® 40 #13 IG	11:30 The Trip® 40 #13 JA
11:00 The Trip® 40 #13 HA				10:30 The Trip® 40 #14 EB		13:20 The Trip® 40 #13 IG	
	16:30 CardioRide 60 JT	16:00 The Trip® 40 #13 GR					
17:05 The Trip® 40 MIX 1.0 KT	17:55 The Trip® 40 #10 AG	16:50 The Trip® 40 #7 GR	17:00 The Trip® 40 #9 AS	18:05 The Trip® 40 #6 LS			
18:15 The Trip® 40 #11 VK	18:50 The Trip® 40 #13 JT*	18:10 The Trip® 40 MIX 1.0 KH	18:30 CardioRide 60 JM			16:15 The Trip® 40 #13 AZ	

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

		7:00 BodyBalance® 60 LL	12:15 HotYoga 60 JL			9:30 AstangaYoga 75 (ei lämmitystä) JS	11:20 HotYoga 60 EM
						11:00 HotYinYoga 75 JS	
16:30 AstangaYoga 75 (ei lämmitys) JS	16:45 HotFlowYoga 75 EM	16:15 Yoga 60 (ei lämmitystä) HP	16:30 HotPilates 60 EM	15:50 HotFlowYoga 75 JS			
17:50 BodyBalance® 60 PL	18:15 HotYoga 60 EM	17:25 HotYinYoga 75 HP	17:40 HotFlowYoga 75 JS	17:15 BodyBalance® 60 JA			
19:00 HotYinYoga 75 JS	19:25 HotStretching 45 IG	19:00 HotPilates 60 HP*	19:10 HotYinYoga 75 JS			17:15 BodyBalance® 60 AZ	

FUNCTIONAL ZONE

17:10 Tabata 45 VK				11:15 Back to Busines 30 HL	11:00 Tabata 30 HL		
18:00 Back to Busines 30 JS	17:50 Tabata 45 JT	17:10 Back to Busines 30 HA	17:50 Tabata 45 AS				

AG= Annette Göransson
AS= Aino Suihko
AZ= Ahmed Zaki (engl.)
CH= Christer Holmberg
EB= Eerika Bui
EM= Elisa Melkkilä

GR= Guilherme Reis (engl.)
HA= Heli Alho
HL= Heidi Lipponen
HP= Harri Piikänen
HP*= Heli Pellonen
HV= Hanne Vilpponen

IG= Ibrahim Ghrareeb (engl.)
JA= Juulia Anttila
JL= Jaana Laakso
JM= Johan Malmström
JS= Jocke Salokorpi
JT= Janne Taivainen

JT*= Johanna Tikkanen
KH= Kimi Holm
KT= Kira Tiivola
LL= Leena Laine
LS= Lillis Sjöblom
NV= Niko Viskari

PL= Paula Lamberg
SJ= Siiri Järvinen
SS= Sebastian Selenius
VK= Veera Kurittu