



STAGE

maanantai		tiistai		keskiviikko		torstai		perjantai		lauantai		sunnuntai									
07:00	GRIT®strength 30	TJ	07:00	BodyStep® 45	TT	07:00	BodyPump® 60	HA	06:45	GRIT®Plyo 30	HA	07:00	BodyAttack® 45	ES	10:00	BodyPump® 60	AG/HV	11:00	Pole Dance 60 (tunti Rock The		
															11:10	BodyStep® 60	AG/HV	11:00	BodyPump® 60	LS	
11:30	BodyAttack® 45	SS	10:30	BodyPump® 60	LS					11:00	BodyAttack 30	KH	11:30	BodyPump® 60	SM	13:15	BodyAttack 60	TT	12:10	BodyAttack® 60	KT
						15:45	BodyCombat® 45	LS	11:40	GRIT®strength 30	KH					14:25	BodyPump® 60	TT			
16:00	BodyStep® 30	EC				16:40	BodyAttack® 60	SV													
16:35	GRIT®Plyo 30	EC	15:30	BodyPump® 60	AZ	17:45	BodyPump® 60	SV	16:05	BodyPump® 45	PP	15:30	BodyPump® 60	KT							
17:15	BodyPump® 60	SV	16:40	BodyCombat® 60	AZ	18:55	Sh`bam® 30	JL	17:00	BodyStep® 60	AG	16:35	BodyAttack® 60	KT							
18:25	BodyStep® 60	SV	17:45	BodyJam® 60	JL*	19:30	Barre® 30	JL	18:05	BodyAttack 30	VK	17:45	BodyCombat® 60	GR					17:15	BodyPump® 60	PL
19:30	BodyAttack® 60	ES	18:55	GRIT®strength 30	JL*	20:05	BodyPump® 45	SS	18:45	GRIT®strength 30	MV								18:25	BodyCombat® 60	GR

FUNCTIONAL STUDIO

07:40	CXworx® 30	TJ							7:20	CXworx® 30	HA				10:45	GRIT®cardio 30	KH				
						11:00	Tabata 45	AZ							11:25	TONE® 45	KH				
						11:50	CXworx® 30	AZ							12:15	CXworx® 30	KH				
												16:00	Barre® 45	TV							
16:45	BodyCombat® 60	PP	16:30	BodyAttack® 45	VK	16:50	GRIT®cardio 30	EC/TJ	16:40	Tabata 45	SP	16:50	CXworx® 30	IG							
17:55	World Jumping® Party 30	A-KS	17:25	CXworx® 30	VK	17:25	CXworx® 30	EC/TJ	17:35	BodyCombat® 60	MV	17:25	Tabata 45	IG					17:00	Sh`bam® 45	KH
18:30	SuperBooty 30	A-KS	18:00	Tabata 45	HA	18:00	AirYoga 60	LS	18:45	CXworx® 30	VK	18:15	BodyJam® 45	SM					17:50	BodyAttack® 30	VK
19:10	AirYoga 60	LS/MH	18:55	TONE® 45	HA	19:10	World Jumping® 45	SS	19:20	BodyBalance® 30	VK								18:25	BodyBalance® 30	VK
						19:15	Tabata 45 (kuntosalilla)	AS													

HOT STUDIO

			07:15	BodyBalance® 60	TV	07:15	HotFlowYoga 60	JS	07:15	BodyBalance® 60	LS				09:30	HotPilates 75 (17.11. alk	ME	11:30	HotFlowYoga 90	HR	
			11:30	HotYinYoga 60	ME	11:00	HotPilates 60	PB	10:30	HotFlowYoga 75	TP	11:30	HotYoga 60	SR	11:10	BodyBalance® 60	PL	13:15	HotYinYoga 90	HR	
															14:00	Hot Stretching 75	VP				
15:30	Hot Pilates 60	TP	16:15	Hot Stretching 45	HT	16:05	SuperBooty 30 (ei lämmitystä)	LP	16:30	Pilates 60 (ei lämmitystä)	LP	16:40	Hot Yoga 60	SR							
16:45	HotFlowYoga 75	ER*	17:05	BodyBalance® 60	HT	16:45	BodyBalance 60 (ei lämmitystä)	LS	17:35	Yoga 60 (ei lämmitystä)	TR	17:45	Hot Stretching 45	PL					16:15	Hot Pilates 60	KSO
18:10	HotYinYoga 60	MU	18:15	Hot Pilates 60	JN	17:50	HotFlowYoga 75	HR/ER	18:45	HotFlowYoga 75	TR	18:40	AstangaYoga 75 (ei lämmitystä)	JS					17:30	HotYoga 60	LS
19:20	BodyBalance® 60	NV	19:20	AstangaYoga 75 (ei lämmitystä)	JS	19:15	HotYinYoga 75	HR/ER													

(engl.) = tunnin opetuskieli on englanti

Ma-pe klo 7-15.30 alkavat tunnit kuuluvat Bristol Day Cardiin

AG= Annette Göransson

HA= Heli Alho

KH= Kimi Holm

PL= Paula Lamberg

SV= Susanna Varsanpää

VP= Venla Pusa

A-KS= Anna-Karin Siegrids

HR= Hanna Rapeli

KT= Kira Tiivola

PP= Piia Pääkkönen

TJ= Tino Jalonen

VO= Vaihtuva ohjaaja

AS = Aino Suihko

HT= Heini Tuhkanen

LP= Laura Pellovuori

SM = Saara Muhonen

TP= Titta Pohjalainen

AZ= Ahmed Zaki (engl.)

IG= Ibrahim Ghareeb (engl.)

LS= Lillis Sjöblom

SS=Sebastian Selenius

TR= Tarja Runsten

EC= Emanuela Costea (engl.)

JL*= Janni Lindgren

ME= Marinka Essel

SP= Salla Pakaslahti

TT= Teresa Turhanen

ER* = Emma Räsänen

JN= Jonna Nakari

MV= Mikko Väri

SR= Sini Ratas

TV= Tiina Vainio

ES= Evellina Sjöblom

JS= Jocke Salokorpi

NV= Niko Viskari

ST= Sanna Tuikka

VK= Veera Kurittu

GR= Guilherme Reis (engl.)