



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	ST	10:00	BodyPump® 60	AG/HV	11:00	Pole Dance 60 (tunti Rock The F		
												08:00	BodyBalance® 45	SV	11:10	BodyStep® 60	AG/HV	11:00	BodyPump® 60	LS	
11:30	BodyAttack® 45	SS							11:00	BodyAttack 30	KH	11:30	BodyPump® 60	SM	12:20	BodyAttack 60	TT	12:10	BodyAttack® 60	KT	
						15:45	BodyCombat® 45	LS	11:40	GRIT®strength 30	KH				13:30	BodyPump® 60	TT				
						16:40	BodyAttack® 60	SV													
16:15	Tabata 45	EC	15:30	BodyPump® 60	KT	17:45	BodyPump® 60	SV	16:05	BodyPump® 45	PP	15:30	BodyPump® 60	KT							
17:15	BodyPump® 60	SV	16:40	BodyCombat® 60	KT	19:00	Tabata 45	AS	17:00	BodyStep® 60	AG	16:35	BodyAttack® 60	KT							
18:25	BodyStep® 60	SV	17:45	BodyJam® 60	JL*	20:05	BodyPump® 45	SS	18:05	BodyAttack 30	VK	17:45	BodyCombat® 60	GR				16:00	BodyPump® 60	KH	
19:30	BodyAttack® 60	ES	18:55	GRIT®strength 30	JL*				18:45	GRIT®strength 30	MV							18:15	BodyCombat® 60	GR	

FUNCTIONAL STUDIO

07:40	CXworx® 30	TJ							7:20	CXworx® 30	HA				10:45	GRIT®cardio 30	KH			
			11:00	Barre® 30	LS	11:00	Tabata 45	AZ							11:25	TONE® 45	KH			
			11:35	Stretching 30	LS	11:50	CXworx® 30	AZ							12:15	CXworx® 30	KH			
16:45	BodyCombat® 60	PP	16:30	BodyAttack® 45	VK							16:00	Barre® 45	TV						
17:55	Selkätunti 30	A-KS	17:25	CXworx® 30	VK	16:50	GRIT®cardio 30	EC/TJ	16:45	SuperBooty 45	LP	16:50	CXworx® 30	IG						
18:30	SuperBooty 30	A-KS	18:00	Tabata 45	HA	17:25	CXworx® 30	EC/TJ	17:35	BodyCombat® 60	MV	17:25	Tabata 45	IG				17:10	Sh'bam® 45	KH
19:10	AirYoga 60	LS/MHO	18:50	TONE® 45	HA	18:00	AirYoga 60	LS	18:45	CXworx® 30	VK	18:15	BodyJam® 45	SM				18:00	BodyAttack® 30	VK
			19:40	Barre® 30	JL*	19:10	WorldJumping® 45	SS	19:20	BodyBalance® 30	VK							18:35	BodyBalance® 30	VK

HOT STUDIO

			07:15	BodyBalance® 60	TV	07:15	HotFlowYoga 60	JS	07:15	BodyBalance® 60	LS				11:10	BodyBalance® 60	PL/	11:30	HotFlowYoga 90	SR/AK
			11:45	HotYinYoga 60	PB	11:00	Hot Pilates 60'	PB	11:15	Selkätunti 45 (ei lämmitystä)	LP	11:30	HotYoga 60	SR	12:20	Hot Stretching 60	em	13:15	HotYinYoga 90	SR/AK
															13:30	AstangaYoga 75 (ei lämmit	em			
15:30	Hot Pilates 60	TP	16:35	AstangaYoga 60 (ei lämmitystä)	JS				16:30	Pilates 60' (ei lämmitystä)	EM	16:40	HotYoga 60	SR						
16:45	HotFlowYoga 75	EH	17:45	Hot Pilates 60'	JN	16:45	BodyBalance 60 (ei lämmitystä)	LS	17:30	HotYoga 60	TR	17:45	BodyBalance® 60	TT/PL				16:15	Hot Pilates 60	JP
18:10	HotYinYoga 60	EH	18:50	BodyBalance 45'	HT	17:50	HotFlowYoga 75	MH/VO	18:45	HotFlowYoga 75	TR							17:25	HotYoga 60	LS
19:20	BodyBalance® 60	NV	19:40	Hot Stretching 45'	HT	19:15	HotYinYoga 75	SR/MH												

(engl.) = tunnin opetuskieli on englanti

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

AG= Annette Göransson

A-KS= Anna-Karin Siegfriids

AS = Aino Sulhko

AZ= Ahmed Zaki (engl.)

EC= Emanuela Costea (engl.)

EH = Essi Huhtala

ES= Evellina Sjöblom

HA= Heli Alho

HT= Heini Tuhkanen

IG= Ibrahim Ghareeb (engl.)

JL*= Janni Lindgren

JN= Jonna Nakari

JP = Jepa Pihlainen

JS= Jocke Salokorpi

KH= Kimi Holm

KT= Kira Tiivola

LP= Laura Peltovuori

LS= Lillis Sjöblom

JN= Jonna Nakari

JP = Jepa Pihlainen

JS= Jocke Salokorpi

PL= Paula Lamberg

PP= Piia Pääkkönen

SM = Saara Muhonen

SS=Sebastian Selenius

SP= Salla Pakaslahti

SR= Sini Ratas

ST= Sanna Tuikka

SV= Susanna Varsanpää

TJ= Tino Jalonen

TP= Tiitta Pohjalainen

TR= Tarja Runsten

TT= Teresa Turhanen

TV= Tiina Vainio

VK= Veera Kurittu

VP= Venla Pusa

VO= Vaihtuva ohjaaja