



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 Pole -studiolla)		
																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	HA		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						16:00	BodyPump® 60	KH	
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						17:10	Sh bam® 45	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										7:25	CXworx® 30	HA						10:45	GRIT®cardio 30	KH					
				11:00	Barre® 30	LS		11:00	Tabata 45	AZ										11:25	STONE® 45	KH					
				11:35	Stretching 30	LS		11:50	CXworx® 30	AZ										12:10	CXworx® 30	KH					
16:45	BodyCombat® 60	HA		16:30	BodyAttack® 45	VK										16:00	Barre® 45	TV		12:45	BodyBalance® 45	KH					
17:55	Selkäntunti 30	A-KS		17:25	CXworx® 30	VK		16:50	GRIT®cardio 30	EC/TJ		16:45	SuperBody 45	LP		16:50	CXworx® 30	IG									
18:30	SuperBody 30	A-KS		18:00	Tabata 45	HA		17:25	CXworx® 30	EC/TJ		17:35	BodyCombat® 60	MV		17:25	Tabata 45	IG									
19:10	AirYoga 60	LS		18:50	STONE® 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	Selkäntunti 45 (ei lämmitystä)	LP		11:30	HotYoga 60	SR		12:20	Hot Stretching 60	SL		13:15	HotYinYoga 90	SR/AK	
																				13:30	AstangaYoga 75 (ei lämmitystä)	JS					
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	MP		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	MP/SR																	

(engl.) = tunnin opetuskieli on englanti

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

AG= Annette Göransson

HA= Heili Alho

KH= Kimi Holm

PP=Pila Paakkönen

SV= Susanna Varsanpää

VP= Venla Pusa

A-KS= Anna-Karin Siegrids

HT= Heini Tuhkanen

KT= Kira Tiivola

SL=Saara Lehtinen

TJ= Tino Jalonen

VO= Vaihtuva ohjaaja

AS = Aino Suihko

IG= Ibrahim Ghareeb (engl.)

LP= Laura Peltovuori

SM = Saara Muhonen

TP= Titta Pohjalainen

AZ= Ahmed Zaki (engl.)

JL*= Janni Lindgren

LS= Lillis Sjöblom

SS=Sebastian Selenius

TR= Tarja Runsten

EC= Emanuela Costea (engl.)

JN= Jonna Nakari

MP=Mesimarja Paatero

SP= Salla Pakaslahti

TT= Teresa Turhanen

EH = Essi Huhtala

JP = Jeka Pihlainen

MV= Mikko Värri

SR= Sini Ratas

TV= Tiina Vainio

ES= Evelina Sjöblom

JS= Jocke Salokorpi

NV= Niko Viskari

ST= Sanna Tuikka

VK= Veera Kurittu

GR= Guilherme Reis (engl.)

PL=Paula Lamberg