



maanantai		tiistai		keskiviikko		torstai		perjantai		lauantai		sunnuntai								
07:00	GRIT®strength 30	TJ	07:00	BodyStep® 45	TT	07:00	BodyPump® 60	HA	7:00	The Trip® 40	VO	07:00	BodyAttack® 45	ST	9:00	The Trip® 40	VO	10:00	The Trip® 40	LS
7:45	The Trip® 40	KT										08:00	BodyBalance® 45	SV	10:00	BodyPump® 60	AG/HV	11:00	Pole Dance 60 (tunti Rock The Pole)	
															11:10	BodyStep® 60	AG/HV	11:00	BodyPump® 60	LS
11:30	Cardio Ride 30	SS	11:45	The Trip® 40	LS	12:00	The Trip® 40	AZ	11:00	BodyAttack 30	KH	10:30	The Trip® 40	SM	12:30	The Trip® 40	KH	12:10	BodyAttack® 60	KT
12:10	SuperBooty 30	SS							11:40	GRIT®strength 30	KH	11:30	BodyPump® 60	SM	13:30	BodyPump® 60	TT	13:25	The Trip® 40	KT
															14:45	SPRINT™ 30	TT			
			14:30	The Trip® 40	KT				15:15	The Trip® 40	HA/KH	14:30	The Trip® 40	KT						
16:15	The Trip® 40	VO	15:30	BodyPump® 60	KT	15:45	BodyCombat® 45	LS	16:05	BodyPump® 45	HA	15:30	BodyPump® 60	KT				16:00	BodyPump® 60	KH
17:15	BodyPump® 60	SV	16:40	BodyCombat® 60	KT	16:40	BodyAttack® 60	SV	17:00	BodyStep® 60	AG	16:35	BodyAttack® 60	KT				17:15	The Trip® 40	VO
18:25	BodyStep® 60	SV	17:45	BodyJam® 60	JL*	17:45	BodyPump® 60	SV	18:05	BodyAttack 30	VK	17:45	BodyCombat® 60	GR				18:15	BodyCombat® 60	GR
19:30	BodyAttack® 60	ES	18:55	GRIT®strength 30	JL*	19:00	The Trip® 40	AS	18:45	GRIT®strength 30	MV	19:00	The Trip® 40	VO						
			19:45	The Trip® 40	KH	20:05	BodyPump® 45	SS	19:25	The Trip® 40	VO									

FUNCTIONAL STUDIO

07:40	CXworx® 30	TJ							06:45	GRIT®Athletic 30	HA				10:45	GRIT®cardio 30	KH			
			11:00	Barre® 30	LS	11:00	Tabata 45	AZ	7:25	CXworx® 30	HA				11:25	STONE® 45	KH			
															12:20	BodyAttack® 60	TT			
15:55	Tabata 45	EC	16:30	BodyAttack® 45	VK							16:00	Barre® 45	TV						
16:45	BodyCombat® 60	HA	17:25	CXworx® 30	VK	16:50	GRIT®cardio 30	EC/TJ	16:45	SuperBooty 45	LP	16:50	CXworx® 30	IG						
17:55	Selkatunti 30	A-KS	18:00	Tabata 45	KH	17:25	CXworx® 30	EC/TJ	17:35	BodyCombat® 60	MV	17:25	Tabata 45	IG				17:10	Sh bam® 45	KH
18:30	SuperBooty 30	A-KS	18:50	STONE® 45	KH	18:00	AirYoga 60	LS	18:45	CXworx® 30	VK	18:15	BodyJam® 45	SM				18:00	BodyAttack® 30	VK
19:10	AirYoga 60	LS	19:40	Barre® 30	JL*	19:10	World Jumping® 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	Selkatunti 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 lämmitä)	JS			
15:30	Hot Pilates 60	TP	16:35	AstangaYoga 60 (ei lämmitä)	JS				16:30	Pilates 60' (ei lämmitä)	VO	16:40	HotYoga 60	SR						
16:45	HotFlowYoga 75	EH	17:45	Hot Pilates 60'	JN	16:45	BodyBalance 60 (ei lämmitä)	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 Goransson

A-KS= Anna-Karin Stegrids

AS = Aino Suhko

AZ= Ahmed Zaki (engl.)

EC= Emanuela Costea (engl.)

EH = Essi Huhtala

ES= Evelina Sjöblom

GR= Guilherme Reis (engl.)

HA= Heli Alho

HT= Heini Tuukkanen

IG= Ibrahim Ghareeb (engl.)

JL*= Janni Lindgren

JN= Jonna Nakari

JP = Jeka Pihlainen

JS= Jocke Salokorpi

KH= Kimi Holm

KT= Kira Tiivola

LP= Laura Peltovuori

LS= Lillis Sjöblom

MP= Mesimarja Paatero

MV= Mikko Värri

NV= Niko Viskari

PL=Paula Lamberg

PP=Pia Pääkkönen

SL=Saara Lehtinen

SM = Saara Muhonen

SS=Sebastian Selenius

SP= Salla Pakaslahti

SR= Sini Ratas

ST= Sanna Tuikka

SV= Susanna Varsanpää

TJ= Tino Jalonen

TP= Titta Pohjalainen

TR= Tarja Runsten

TT= Teresa Turhanen

TV= Tiina Vainio

VK= Veera Kurittu

VP= Venla Pusa

VO= Vaihluva ohjaaja