

EXPERIENCE LAB LAUTTASAARI

RYHMÄLIIKUNTA 11.3.-31.5.2024

| MAANANTAI | | |
|-------------|------------------|-----------|
| 10:00-11:00 | FOREVER YOUNG 60 | Tiina |
| 11:10-11:55 | PILATES10 45 | Tiina |
| 17:00-18:00 | X-CROSS BASIC 60 | Jiri |
| 18:10-18:55 | BODYPUMP 45 | Kerttu |
| 19:05-20:05 | VINYASA YOGA 60 | Kerttu |
| 20:15-20:45 | SOUND HEALING 30 | Juha/Samu |

| TORSTAI | | |
|-------------|-------------------|----------|
| 10:00-11:00 | FOREVER YOUNG 60 | Ninni |
| 11:45-12:30 | X-SKILL 45 | Stefanie |
| 11:10-11:55 | CORE&MOBILITY 45 | Ninni |
| 17:15-18:00 | SPINNING BASIC 45 | Ninni |
| 17:30-18:15 | X-CROSS BASIC 60 | Stefanie |
| 18:10-18:40 | BODYSTEP 30 | Tiina |
| 18:45-19:15 | CORE 30 | Tiina |
| 19:25-20:10 | PILATES10 45 | Tiina |

| TIISTAI | | |
|-------------|----------------------|--------|
| 09:20-10:05 | FOREVER SPINNING 45 | Tiina |
| 10:15-11:00 | FOREVER CIRCUIT 45 | Tiina |
| 11:10-11:55 | STRONG BODY 45 | Ninni |
| 12:00-13:00 | BODYBALANCE 60 | Ninni |
| 17:15-18:15 | SPINNING STRENGTH 60 | Mira |
| 18:25-19:10 | BODYSTEP 45 | Tiina |
| 18:35-19:20 | X-SKILL 45 | Mira |
| 19:20-20:20 | YIN YOGA 60 | Somaye |

| PERJANTAI | | |
|-------------|----------------------|---------|
| 9:30-10:15 | SPINNING BASIC 45 | Mira |
| 10:25-11:10 | UPPER BODY 45 | Tiina |
| 11:20-12:20 | PILATES 60 | Heidi M |
| 17:00-17:45 | SPINNING STRENGTH 45 | Tanja |
| 17:55-18:55 | BODY&CARDIO 60 | Tiina |

| LAUANTAI | | |
|-------------|------------------------|-------|
| 10:30-11:30 | FUNCTIONAL TRAINING 60 | Joris |
| 11:40-12:25 | CORE&MOBILITY 45 | Joris |

| SUNNUNTAI | | |
|-------------|--------------|--------|
| 18:00-19:00 | LATIN JAM 60 | Joanna |

| KESKIVIIKKO | | |
|-------------|-------------------|-------|
| 10:00-11:00 | HEALTHY BACK 60 | Tiina |
| 11:10-11:55 | GYM CIRCUIT 45 | Tiina |
| 17:00-17:45 | X-SKILL 45 | Ninni |
| 17:55-18:40 | SPINNING BASIC 45 | Ninni |
| 18:50-19:20 | STRONG BODY 30 | Ninni |
| 19:30-20:30 | BODYBALANCE 60 | Ninni |

UUTUUS: X-SKILL