

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	FABIAN	FABIAN Shape Up 45	FABIAN	FABIAN Indoor running 45	FABIAN	FABIAN	FABIAN
		7:00		7:00			
11:00	Crosstraining 45	11:00 SENIOR PULSE	11:00 Indoor running 45	11:00 PILATES	11:00 Core 30 11:30 Bootyl iclous 30	10:30 ZUMBA 45	10:30 Core 30 11:00 JAZZ 60 11:15 INDOOR RUNNING 45
						11:30 Crosstraining	12:15 purestrength 45
17:00	ZUMBA 60	16:30 PILATES	16:30 Power Step	17:00 Crosstraining	16:30 Shape Up 45	12:30 YOGA FLOW 60	17:00 Power
18:00	power Pilates	17:45 PURE STRENGTH 45	17:30 Core 30	17:30	17:15 Power		18:00 PILATES
18:15	Indoor running 45	18:30 BODY FOR LIFE 45	18:00 Bootyl iclous 30	17:30			
19:00	Power Step	19:15 YIN YOGA 75	18:45 JAZZ 45	18:00 SENIOR pulse	18:30 Yin Release 60		
			19:30 power Pilates 45	19:00 YOGA FLOW 60			
	Ohjattu liikunta						

ELIXIA pidättää oikeuden muutoksiin.

ELIXIA