



Monday	Class	Room	Instructor
☐ 08:00 - 09:00	Hot Vinyasa Yoga	Hot Studio	Marika Honkanen-Chagoya
☐ 10:00 - 11:00	Senior Strength	Studio 1	Kikka Repka
☐ 11:00 - 12:00	Hot Pilates	Hot Studio	Piia Neuvonen
☐ 16:00 - 17:00	Power	Studio 1	Anne-Mari Hurskainen
☐ 17:00 - 17:30	Bootylicious	Studio 1	Petra Parkkola
☐ 17:00 - 17:45	Indoor Running	Running zone	Anne-Mari Hurskainen
☐ 17:30 - 18:00	Core	Studio 1	Petra Parkkola
☐ 17:45 - 18:15	Hot Tabata	Hot Studio	Anne-Mari Hurskainen
☐ 18:00 - 19:00	Power Pilates	Studio 1	Petra Parkkola
☐ 18:15 - 19:15	Hot Hatha Yoga	Hot Studio	Mia Sabelli-Marjosola
☐ 19:00 - 19:45	Love2Dance	Studio 1	Heidi Seppälä
☐ 19:15 - 20:15	Hot Pilates	Hot Studio	Mia Sabelli-Marjosola
Tuesday	Class	Room	Instructor
☐ 09:00 - 10:00	Hot Power Pilates	Hot Studio	Suvi Kelloniemi
☐ 10:00 - 11:00	Love2Dance	Studio 1	Suvi Kelloniemi
☐ 16:00 - 17:00	Hot Pilates	Hot Studio	Mia Sabelli-Marjosola
☐ 16:15 - 17:00	Cardio Energy - No jumping	Studio 1	Terhi Vira-Klockars
☐ 17:00 - 17:45	Hot Interval Training	Hot Studio	Terhi Vira-Klockars
☐ 17:00 - 18:00	BODYCOMBAT™	Studio 1	Irina Huhtala
☐ 17:45 - 18:45	Hot Gentle Vinyasa Yoga	Hot Studio	Terhi Vira-Klockars
☐ 18:00 - 18:45	Indoor Running	Running zone	Irina Huhtala
☐ 18:15 - 18:45	Bootylicious	Studio 1	Karoliina Pousi
☐ 18:45 - 19:15	Flexibility	Studio 1	Karoliina Pousi
☐ 18:45 - 19:45	Hot Yin Yoga	Hot Studio	Terhi Vira-Klockars
☐ 19:45 - 20:30	Hot Power Pilates	Hot Studio	Terhi Vira-Klockars
Wednesday	Class	Room	Instructor
☐ 09:00 - 10:00	Hot Pilates HIIT	Hot Studio	Mia Sabelli-Marjosola
☐ 10:00 - 11:15	Hot Yin Yoga	Hot Studio	Mia Sabelli-Marjosola
☐ 15:00 - 16:00	Hot Vinyasa Yoga	Hot Studio	Jari Kauppi
☐ 16:00 - 17:00	Dance Step	Studio 1	Jari Kauppi
☐ 17:00 - 18:00	Power	Studio 1	Selena Kartomaa
☐ 17:00 - 18:00	Hot Power Pilates	Hot Studio	Jari Kauppi
☐ 17:15 - 18:00	Indoor Running	Running zone	Lotta Koivulehto
☐ 18:00 - 19:00	Hot Hatha Yoga	Hot Studio	Jari Kauppi
☐ 18:00 - 19:00	Pilates HIIT	Studio 1	Selena Kartomaa
☐ 19:00 - 19:45	Cardio Energy - No jumping	Studio 1	Inka Saarinen

Thursday	Class	Room	Instructor
☐ 09:00 - 10:00	Crosstraining	Studio 1	Piia Neuvonen
☐ 10:05 - 10:50	Indoor Running	Running zone	Piia Neuvonen
☐ 11:00 - 12:00	Hot Yin Yoga	Hot Studio	Piia Neuvonen
☐ 15:15 - 15:45	Bootylicious	Studio 1	Maria Mamina
☐ 15:45 - 16:15	Core	Studio 1	Maria Mamina
☐ 16:15 - 17:00	Pure Strength	Studio 1	Maria Mamina
☐ 17:00 - 17:30	Hot Flexibility	Hot Studio	Jonna Kaitajärvi
☐ 17:15 - 18:15	Power Step	Studio 1	Maria Mamina
☐ 17:30 - 18:15	Indoor Running	Running zone	Jonna Kaitajärvi
☐ 17:30 - 18:30	Hot Hatha Yoga	Hot Studio	Anette Kinnunen
☐ 18:15 - 18:45	ABSolution	Studio 1	Jonna Kaitajärvi
☐ 18:30 - 19:30	Hot Yin Yoga	Hot Studio	Anette Kinnunen
☐ 18:45 - 19:45	Power	Studio 1	Jonna Kaitajärvi
Friday	Class	Room	Instructor
☐ 08:00 - 08:45	Indoor Running	Running zone	Jonna Kaitajärvi
☐ 09:15 - 10:15	Hot Vinyasa Yoga	Hot Studio	Sami Mälikä
☐ 10:00 - 11:00	Power Pilates	Studio 1	Eveliina Hietakymi
☐ 10:15 - 11:30	Hot Yin Yoga	Hot Studio	Sami Mälikä
☐ 16:00 - 16:30	Indoor Running	Running zone	Anne-Mari Hurskainen
☐ 16:30 - 17:30	BODYCOMBAT™	Studio 1	Anne-Mari Hurskainen
☐ 17:00 - 18:00	Hot Vinyasa Yoga	Hot Studio	Jussi Kejo
☐ 17:30 - 18:30	Power Pilates	Studio 1	Anne-Mari Hurskainen
☐ 18:00 - 19:15	Hot Yin Yoga	Hot Studio	Jussi Kejo
Saturday	Class	Room	Instructor
☐ 09:30 - 10:30	Power Pilates	Studio 1	Annika Huhta
☐ 10:15 - 11:00	Indoor Running	Running zone	Lotta Koivulehto
☐ 10:30 - 11:00	Bootylicious	Studio 1	Annika Huhta
☐ 11:00 - 11:30	Core	Studio 1	Annika Huhta
☐ 11:15 - 12:30	Hot Gentle Vinyasa Yoga	Hot Studio	Mia Kavasto
☐ 11:30 - 12:30	Love2Dance	Studio 1	Laura Cedras
☐ 12:30 - 13:45	Hot Yin Yoga	Hot Studio	Mia Kavasto
Sunday	Class	Room	Instructor
☐ 10:00 - 11:00	BODYCOMBAT™	Studio 1	Tiina Hasanen
☐ 11:00 - 11:45	Indoor Running	Running zone	Tiina Hasanen
☐ 12:00 - 13:00	Shape Up	Studio 1	Tiina Hasanen
☐ 14:30 - 15:15	Pure Strength	Studio 1	Anna Tuomikoski
☐ 15:30 - 16:30	Hot Pilates	Hot Studio	Anna Tuomikoski
☐ 16:10 - 16:40	Indoor Running	Running zone	Saara Partala
☐ 16:45 - 17:15	Core	Studio 1	Saara Partala
☐ 17:15 - 18:00	Love2Dance	Studio 1	Emma Hanwell
☐ 18:15 - 19:30	Hot Yin Yoga	Hot Studio	Mia Sabelli-Marjosola