

## ELIXIA Munkkiniemi

| Monday      |                      | Tuesday     |                      | Wednesday   |                         | Thursday    |                      | Friday      |                   | Saturday    |                     | Sunday      |                          |
|-------------|----------------------|-------------|----------------------|-------------|-------------------------|-------------|----------------------|-------------|-------------------|-------------|---------------------|-------------|--------------------------|
| Munkkiniemi |                      | Munkkiniemi |                      | Munkkiniemi |                         | Munkkiniemi |                      | Munkkiniemi |                   | Munkkiniemi |                     | Munkkiniemi |                          |
|             |                      |             |                      | 7:00        | BODYCOMBAT              |             |                      |             |                   |             |                     |             |                          |
|             |                      | 9:30        | Performance Strength | 9:30        | Hot Gentle Vinyasa Yoga |             |                      |             |                   | 9:30        | Hot Pilates         | 9:30        | Hot Hatha Yoga           |
| 10:00       | Hot Vinyasa Yoga     | 10:30       | Hot Pilates          | 10:00       | BODYCOMBAT              | 10:00       | Power Pilates        | 10:00       | Crosstraining     | 10:00       | BODYCOMBAT          | 10:00       | Street Dance             |
| 11:00       | Hot Aroma Relax      |             |                      | 10:30       | Hot Yin yoga            |             |                      | 11:00       | Hot Yin yoga      | 10:30       | Hot Vinyasa Yoga 75 | 10:15       | Performance Strength     |
|             |                      |             |                      | 11:00       | Strong Mama             |             |                      |             |                   | 11:00       | BODYBALANCE         | 10:30       | Hot Pilates              |
|             |                      |             |                      |             |                         |             |                      | 13:00       | Mama & Baby Yoga  | 11:45       | Hot Yin Yoga        | 11:15       | Performance Hiit 45      |
| 16:15       | Pure Strength 45     | 16:00       | Cardio Energy -NJ    | 16:00       | Hot Gentle Vinyasa Yoga | 16:30       | Aroma Relax          | 15:30       | Power             | 12:15       | Indoor Running 30   | 12:00       | Shape Up                 |
| 17:00       | Cardio Energy 45     | 16:45       | Power                | 17:00       | Jazz Dance              | 17:00       | Cardio Energy 45     | 16:30       | Core 30           | 12:45       | Core 30             | 15:00       | Power Step               |
| 17:30       | Hot Pilates          | 16:45       | Hot Vinyasa Yoga 75  | 17:15       | Indoor Running 30       | 17:00       | Performance Strength | 16:30       | Hot Power Pilates |             |                     | 16:00       | Power                    |
| 18:00       | Performance Strength | 17:45       | Zumba                | 18:00       | BODYCOMBAT              | 17:45       | Pilates Hiit 45      | 17:00       | Flexibility 30    |             |                     | 16:15       | Performance Calisthenics |
| 18:15       | Shape Up             | 17:45       | Hot Yin Yoga         | 18:00       | Hot Pilates             | 17:45       | Hot Vinyasa Yoga 75  | 17:30       | BODYBALANCE       |             |                     | 17:00       | Power Pilates            |