

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	10:30	Hot Yin Yoga	10:00	Power Pilates	10:00	Crosstraining	10:00	BODYCOMBAT	10:00	Street Dance
11:00	Hot Aroma Relax							11:00	Hot Yin yoga	10:30	Hot Vinyasa Yoga 75	10:15	Performance Strength
										11:00	BODYBALANCE	10:30	Hot Pilates
								13:00	Mama & Baby Yoga	11:45	Hot Yin Yoga	11:15	Performance Hiit 45
16:00	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
16:45	Core 30	16:45	Power	17:00	Jazz Dance	17:00	Cardio Energy 45	16:30	Core 30	12:45	Core 30	15:00	Power Step
17:15	Performance Strength	16:45	Hot Vinyasa Yoga 75	17:15	Indoor Running 30	17:00	Performance Strength	16:30	Hot Power Pilates			16:00	Power
17:30	Hot Pilates	17:45	Zumba	18:00	BODYCOMBAT	17:45	Pilates Hiit 45	17:30	BODYBALANCE			16:15	Performance Calisthenics
18:15	Shape Up	17:45	Hot Yin Yoga	18:00	Hot Pilates	17:45	Hot Vinyasa Yoga 75					17:00	Power Pilates