

| MAANANTAI | TIISTAI | KESKIVIIKKO | TORSTAI | PERJANTAI | LAUANTAI | SUNNUNTAI |
|--------------------------------|----------------------------|--------------------------------------|------------------------------|--------------------------------|-----------------------|-----------------|
| 15-19.30 | 10 -19 | 16-19 | 16-19 | 16-18 | Suljettu | Suljettu |
| | | | | | | |
| | 16.30 Pilates 55 Maria | | | | 10.00 Teema jumpat | |
| 17.30 Spinni 45 Sonja | 17.00 Spinni 25 Anne | | 18.00 Spinni 55 Hannele | 17.30 spinni 30 Merja | | |
| 18.20 Kahvakuula30 Sonja | 17.30 Yläkroppa 30 Anne | 17.30 Vatsatrim30 Mia | 17.30 Fitdance 45 Satu R | 18.05 Pakaratrim30 Merja | | |
| 18.50 Pumppi 30 Sonja | 18.00 Step 25 Anne | 18.05 Trimmix body circuit 55 Mia | 18.20 Kehonhuolto 30 Satu | | | |
| | 18.30 RVP 30 Anne | | | | | |
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| Talvi 7.1.2020 | | | | | | |

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| 15-19.30 | 10-19 | 16-19 | 16-19 | sulj.6-7/19 | Suljettu | Suljettu |
| 6.30 Yoga flow 2 | 6.30 Core Abs 2 | 06.30 Yoga Flow | 06.45 CoreAbs1 | 06.30 Yoga Flow 2 | 9.00 Yoga flow 2 | 10.00Core |
| | | | 11.15 Kuntojumppa | 11.15 Kuntojumppa | | |
| | | | 12.00 Venyttely | 12.00 Venyttely | 15.00 Kahvakuula | 15.00 Kahvakuula |
| | | | 16.30 Power Body 1 | 17.30 Power Body 2 | | 16.20 Power Body 1 |
| | 19.30 Core abs | 19.30 Power Body2 | 19.30 Bootcamp | 19.30 Core | 19.10 Yoga flow2 | 18.00 Yoga Flow |
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| VIRTUAALI- LUKUJÄRJESTYS | | | | | | |