

Kuntokeskus Ykkönen

12.8.-30.11.2024

maanantai

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|-------------|------------------------|----------------|
| 7.10-7.55 | Spinning | Jossu |
| 9.30-10.15 | Ykköspumppi + | Marianne |
| 10.20-10.50 | + Venyttely | Marianne |
| 16.20-17.05 | VatsaPakara | Marianne/Saara |
| 17.10-17.55 | StepStartti (alk 2.9.) | Marianne/Saara |
| 18.00-18.45 | Spinning (alk 2.9.) | Sara |
| 18.50-19.35 | Kahvakuula (alk 2.9.) | Sara |

tiistai

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| 16.15-17.00 | Lihaskunto | Marianne |
| 17.05-17.55 | Ykköspumppi | Marianne |

keskiviikko

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| 9.30-10.15 | Lihaskunto + | Marianne |
| 10.20-10.50 | + Venyttely | Marianne |
| 17.10-17.55 | Spinning (alk 21.8.) | Henrika |

torstai

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|-------------|-------------|-------|
| 7.10-7.55 | Spinning | Jossu |
| 17.00-17.50 | Ykköspumppi | Liina |

perjantai

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|-------------|---------------|----------|
| 9.00-9.45 | Ykköspumppi + | Jossu |
| 9.55-10.25 | + Kehonhuolto | Jossu |
| 16.00-16.30 | HIIT + | Marianne |
| 16.35-17.20 | + Lihaskunto | Marianne |
| 17.20-18.05 | Spinning | Cecilia |

lauantai

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|-------------|-------------|----------|
| 9.15-10.00 | Spinning | Marianne |
| 10.10-11.00 | Ykköspumppi | Marianne |
| 11.10-11.55 | Yinjooga | Marianne |

sunnuntai

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|-------------|---------------------|-------------|
| 9.30-10.15 | StepStartti | Marianne |
| 10.20-10.40 | HIIT + | Marianne |
| 10.45-11.30 | + Lihaskunto | Marianne |
| 11.35-12.20 | Yinjooga | Marianne |
| 17.00-17.55 | Ykköspumppi | Karoliina |
| 18.00-18.45 | Fascia Method | Karoliina |
| 18.00-18.45 | Spinning (alk 1.9.) | Tiina Maria |