

**VIKKOTUNNIT**
**Aikataulu voimassa 30.8. – 19.12.2010**

(pidätämme oikeudet muutoksiin)

| AIKA               | LAJI              | OHJAAJA | SALI   | HUOM!                    |
|--------------------|-------------------|---------|--------|--------------------------|
| <b>MAANANTAI</b>   |                   |         |        |                          |
| 8.00 – 8.45        | Kinesis Shape     | Pipsa   | Orange |                          |
| 16.15 – 17.15      | Kinesis Power     | Nina    | Orange |                          |
| 16.15 – 17.15      | Pilates           | Pipsa   | Lime   |                          |
| 16.30 – 18.00      | Yhdistelmä        | Daria   | Cocoa  |                          |
| 17.30 – 18.30      | Äijäkinesis       | Nina    | Orange |                          |
| 17.30 – 18.30      | Pilates           | Pipsa   | Lime   |                          |
| 18.15 – 19.45      | Method Putkisto   | Daria   | Cocoa  |                          |
| 18.45 – 19.45      | Voimajooga        | Nina    | Tube   |                          |
| 18.45 – 19.45      | Kinesis Sport     | Pipsa   | Orange |                          |
| 18.45 – 19.45      | Baila             | Sanna   | Lime   | 11/2010 alkaen Jambaila® |
| 20.00 – 21.00      | Jatkoopilates     | Pipsa   | Lime   |                          |
| <b>TIISTAI</b>     |                   |         |        |                          |
| 7.30 – 8.30        | Pilates           | Daria   | Lime   |                          |
| 16.15 – 17.15      | Pilates           | Pipsa   | Lime   |                          |
| 16.15 – 17.15      | Kinesis Power     | Tuija   | Orange |                          |
| 16.30 – 18.00      | Method Putkisto   | Daria   | Cocoa  |                          |
| 17.30 – 18.30      | Kinesis Shape     | Nina    | Orange |                          |
| 17.30 – 18.30      | Fun               | Pipsa   | Lime   |                          |
| 18.30 – 20.00      | Yhdistelmä        | Daria   | Cocoa  |                          |
| 18.45 – 19.45      | Pilates           | Nina    | Tube   |                          |
| 18.45 – 19.45      | Latinstyle        | Sheida  | Lime   |                          |
| 19.15 – 20.15      | Kinesis Start     | Pipsa   | Orange |                          |
| 20.00 – 21.00      | Pilates & Stretch | Nina    | Lime   |                          |
| <b>KESKIVIikko</b> |                   |         |        |                          |
| 8.00 – 8.45        | Kinesis Power     | Pipsa   | Orange |                          |
| 16.15 – 17.15      | Kinesis Power     | Pipsa   | Orange |                          |
| 16.15 – 17.15      | Pilates           | Daria   | Cocoa  |                          |
| 16.30 – 17.30      | Dance!            | Lina    | Lime   |                          |
| 17.30 – 18.30      | Kinesis Start     | Nina    | Orange |                          |
| 17.30 – 19.00      | Method Putkisto   | Daria   | Cocoa  |                          |
| 18.45 – 19.45      | Kinesis Sport     | Nina    | Orange |                          |
| 19.15 – 20.15      | Power Pilates     | Pipsa   | Lime   |                          |
| 19.45 – 20.45      | Pilates           | Nina    | Cocoa  |                          |
| <b>TORSTAI</b>     |                   |         |        |                          |
| 7.30 – 8.30        | Voimajooga        | Nina    | Lime   |                          |
| 16.15 – 17.15      | Pilates           | Tuija   | Cocoa  |                          |
| 16.15 – 17.15      | Kinesis Sport     | Nina    | Orange |                          |
| 16.30 – 17.30      | Latinstyle        | Sanna   | Lime   |                          |
| 17.45 – 18.45      | Kinesis Power     | Tuija   | Orange |                          |
| 17.45 – 18.45      | Äijäpilates       | Pipsa   | Lime   |                          |
| 18.45 – 19.45      | Pilates           | Nina    | Cocoa  |                          |
| 19.00 – 20.00      | Bosu              | Pipsa   | Lime   |                          |
| <b>PERJANTAI</b>   |                   |         |        |                          |
| 7.30 – 8.30        | Pilates           | Pipsa   | Lime   |                          |
| 16.30 – 17.30      | Fun               | Pipsa   | Lime   | 11/2010 alkaen Jambaila® |
| <b>LAUANTAI</b>    |                   |         |        |                          |
| 10.00 – 11.00      | Power Stretch     | Lina    | Lime   |                          |
| 11.15 – 12.15      | Dance!            | Lina    | Lime   |                          |
| <b>SUNNUNTAI</b>   |                   |         |        |                          |
| 16.00 – 17.00      | Kinesis Power     | Nina    | Orange |                          |
| 17.15 – 18.15      | Pilates           | Nina    | Lime   |                          |
| 18.30 – 20.00      | Kundaliinijooga   | Nina    | Lime   |                          |

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