



Jouluaikataulu

Päivätunnit

16 €!

Vko 52, 25.–3.12.

Pilatestasot: P=perus, K=keski, J=jatkotaso

| ma 25.12. | ti 26.12. | ke 27.12. | to 28.12. | pe 29.12. | la 30.12. |
|-----------|-----------|---|--|--|---|
| | | | 8:00–9:00 Laitopilates (p) Riina | 8:00–9:00 Laitopilates (k) Riina | 10:30–11:30 Laitopilates (p) Mimmi |
| | | 10:00–11:00 Pilates (p) Riina | 11:00–12:00 Pilates (k) Riina | 10:00–11:00 Pilates (p) Riina | 11:00–12:00 Pilates (p) Outi |
| | | 11:15–12:15 Laitopilates (k) Riina | 12:15–13:15 Laitopilates (k) Riina | 11:00–12:00 Laitopilates (p) Ulla | 11:30–12:45 Venyttely 75 Laura |
| | | | | | 12:15–13:15 Laitopilates (k) Mimmi |
| | | 16:30–17:30 Springboard Mimmi | 16:30–17:30 Laitopilates (p) | 16:30–17:30 Laitopilates (k) Ulla | |
| | | 17:15–18:15 Pilates (k) Sanna | 17:30–18:30 Pilates (p/k) Outi | 17:00–18:00 Pilates (k) Outi | |
| | | 17:45–18:45 Laitopilates (p) Mimmi | 17:30–19:00 Floor-Barre® ws Leslie Carothers- Aromaa | | |

Vko 1, 1.–7.1.

Pilatestasot: P=perus, K=keski, J=jatkotaso

| ma 1.1. | ti 2.1. | ke 3.1. | to 4.1. | pe 5.1. | la 6.1. | su 7.1. |
|---------|--|---|--|---|---------|---------|
| | 7:00–8:00 Pilates (p) Sanna | 7:00–8:00 Laitopilates (k) Mimmi | 8:00–9:00 Laitopilates (p) Emma | 8:00–9:00 Laitopilates (k) Ulla | | |
| | 11:00–12:00 Laitopilates (k) Riina | 10:00–11:00 Pilates (p) Riina | 10:00–11:00 Pilates (p) Nina | 10:00–11:00 Pilates (k) Nina | | |
| | 11:00–12:00 Pilates (k) Sanna | 11:15–12:15 Laitopilates (p) Nina | 11:15–12:15 Laitopilates (k) Nina | 11:00–12:00 Laitopilates (p) Emma | | |
| | 16:30–17:30 Pilates (p) Kaisa | 17:15–18:15 Pilates (k) Marianne | 16:30–17:30 Laitopilates (p) Ulla | 16:30–17:30 Laitopilates (p) Ulla | | |
| | 17:15–18:15 Laitopilates (p) | 17:45–18:45 Laitopilates (k) Mimmi | 17:00–18:00 Pilates (k) Outi | 17:00–18:00 Pilates (k) Marianne | | |
| | 17:45–18:45 Spiraalistabilaatio Kaisa | | 17:45–18:45 Venyttely 60 Ulla | 17:45–18:45 Pilates & Venyttely Ulla | | |