



# 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 <b>Laitopilates (p)</b> Riina	8:00–9:00 <b>Laitopilates (k)</b> Riina	10:30–11:30 <b>Laitopilates (p)</b> Mimmi
		10:00–11:00 <b>Pilates (p)</b> Riina	11:00–12:00 <b>Pilates (k)</b> Riina	10:00–11:00 <b>Pilates (p)</b> Riina	11:00–12:00 <b>Pilates (p)</b> Outi
		11:15–12:15 <b>Laitopilates (k)</b> Riina	12:15–13:15 <b>Laitopilates (k)</b> Riina	11:00–12:00 <b>Laitopilates (p)</b> Ulla	11:30–12:45 <b>Venyttely 75</b> Laura
					12:15–13:15 <b>Laitopilates (k)</b> Mimmi
		16:30–17:30 <b>Springboard</b> Mimmi	16:30–17:30 <b>Laitopilates (p)</b>	16:30–17:30 <b>Laitopilates (k)</b> Ulla	
		17:15–18:15 <b>Pilates (k)</b> Sanna	17:30–18:30 <b>Pilates (p/k)</b> Outi	17:00–18:00 <b>Pilates (k)</b> Outi	
		17:45–18:45 <b>Laitopilates (p)</b> Mimmi	17:30–19:00 <b>Floor-Barre® ws</b> 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 <b>Pilates (p)</b> Sanna	7:00–8:00 <b>Laitopilates (k)</b> Mimmi	8:00–9:00 <b>Laitopilates (p)</b> Emma	8:00–9:00 <b>Laitopilates (k)</b> Ulla		
	11:00–12:00 <b>Laitopilates (k)</b> Riina	10:00–11:00 <b>Pilates (p)</b> Riina	10:00–11:00 <b>Pilates (p)</b> Nina	10:00–11:00 <b>Pilates (k)</b> Nina		
	11:00–12:00 <b>Pilates (k)</b> Sanna	11:15–12:15 <b>Laitopilates (p)</b> Nina	11:15–12:15 <b>Laitopilates (k)</b> Nina	11:00–12:00 <b>Laitopilates (p)</b> Emma		
	16:30–17:30 <b>Pilates (p)</b> Kaisa	17:15–18:15 <b>Pilates (k)</b> Marianne	16:30–17:30 <b>Laitopilates (p)</b> Ulla	16:30–17:30 <b>Laitopilates (p)</b> Ulla		
	17:15–18:15 <b>Laitopilates (p)</b>	17:45–18:45 <b>Laitopilates (k)</b> Mimmi	17:00–18:00 <b>Pilates (k)</b> Outi	17:00–18:00 <b>Pilates (k)</b> Marianne		
	17:45–18:45 <b>Spiraalistabilaatio</b> Kaisa		17:45–18:45 <b>Venyttely 60</b> Ulla	17:45–18:45 <b>Pilates &amp; Venyttely</b> Ulla		