

SCHEDULE

SUMMER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00	Bike Basic	Hatha Yoga	Barre Fusion	Pilates	Pump		
16:00	16:00 -16:50	16:00 -16:50	16:00 -16:50	17:00 -17:50	16:00 -16:50		
17:00	Kettlebell	Abs, Butt and Thighs	Bike Basic	Zumba®	Body maintenance		
	17:00 -17:50	17:00 -17:50	17:00 -17:50	17:00 -17:50	17:00 -17:50		
18:00	DanceFit	Combat	Pump	Abs, Butt and Thighs	Volleyball		
	17:00 -17:50	18:00 -18:50	17:00 -17:50	18:00 -18:50	18:00 -19:50		
19:00	Bodyweight Training	DanceFit	Padel	Floorball			
	18:00 -18:50	19:00 -19:50	17:00 -18:00	18:00 -19:50			
20:00	Basketball	Volleyball	FitYoga: FitYoga	Parkour			
	19:00 -20:50	20:00 -21:50	18:00 -18:50	18:15 -19:45			
21:00			Body maintenance				
			18:00 -18:50				
22:00			Futsal				
			19:00 -20:50				
23:00							

PRIVATE: EDUCARIUM GYMNASTICS HALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
9:00							
10:00						Pickleball	Pickleball
11:00						10:00 -10:50	10:00 -10:50
12:00							Pickleball
13:00							11:00 -11:50
14:00							Pickleball
15:00						Pickleball	12:00 -12:50
						14:00 -14:50	Pickleball
16:00				Upper Body Workout			13:00 -13:50
17:00	Staff Posture power	Posture power		16:00 -16:50			
18:00	17:15 -18:05	17:15 -18:05		Staff Body		Pickleball	
19:00	Just for fun	Couple dancing gone solo	HIIT30	Parkour		17:00 -17:50	
	18:45 -19:35	18:15 -19:05	18:15 -18:45	18:15 -19:45		18:00 -18:50	
20:00		EasyTraining	Taekwondo			Pickleball	
		19:15 -20:05				19:00 -19:50	
21:00			19:00 -20:30				
22:00							
23:00							

PRIVATE: SPORT SIRKKA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00		Bike Basic					
8:00		7:00 - 7:50					
9:00		Body maintenance		Bike Basic	Bike Basic		
10:00		8:00 - 8:50		8:00 - 8:50	8:00 - 8:50		
11:00					Abs, Butt and Thighs		
12:00					9:00 - 9:50		
13:00						Bike Basic	
14:00						10:15 - 11:05	
15:00						Body maintenance	
16:00						11:15 - 12:05	
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
14:00	Yin Yoga	Body					
15:00	14:40 - 15:40	14:00 - 14:50					
16:00	Bike Easy 30	Fitness kickboxing	FasciaMethod	M-Circuit®	Hatha Yoga		
17:00	15:50 - 16:20	15:00 - 15:50	15:00 - 15:50	15:00 - 15:50	15:00 - 15:50		
18:00	Bike Basic	Vinyasa Yoga in Swedish	Pilates	EasyTraining	Barre Fusion		YogaLates
19:00	16:30 - 17:20	16:00 - 16:50	16:00 - 16:50	16:00 - 16:50	16:00 - 16:50		16:00 - 16:50
20:00	Power Yoga, advanced	Abs, Butt and Thighs	Show dance	Pilates	Commercial Street		Abs, Butt and Thighs
21:00	17:30 - 18:50	17:00 - 17:50	17:00 - 17:50	17:00 - 17:50	17:00 - 17:50		17:00 - 17:50
22:00		Kettlebell	Bike Advanced	Bike Basic	Bike Basic		Deep Stretching
23:00		18:00 - 18:50	18:00 - 19:00	18:00 - 18:50	18:00 - 18:50		18:00 - 18:50
24:00	Fitness boxing	Bike Basic	Body maintenance	Latin Show	Independent shift		
25:00	19:00 - 19:50	19:00 - 19:50	19:10 - 20:00	19:00 - 19:50	19:00 - 20:00		
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PRIVATE: SPORTS HALLS IN NORMAALIKOULU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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14:00							
15:00							
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17:00							
18:00	Badminton		Badminton		Volleyball advanced		
19:00	18:00 - 18:50		18:00 - 18:50		18:00 - 19:50		
20:00	Badminton		Basketball				
21:00	19:00 - 19:50		18:00 - 18:50				
22:00		Volleyball	Badminton				
23:00		20:00 - 21:45	19:00 - 19:50				
24:00			Basketball men				
25:00			19:00 - 20:00				
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PRIVATE: OTHER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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13:00							
14:00							
15:00			Padel				
16:00		Water aerobics	15:00 -16:00				
17:00		16:00 -16:50					
18:00		Staff Water aerobics					
19:00		17:00 -17:50					
20:00							
21:00							
22:00							
23:00							

PRIVATE: EDUCARIUM SPORTS HALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
9:00							
10:00						Abs, Butt and Thighs	Badminton
11:00						10:00 -10:50	10:00 -10:50
12:00						FitYoga	Badminton
13:00						11:00 -11:50	11:00 -11:50
14:00						Badminton	Badminton
15:00						12:00 -12:50	12:00 -12:50
16:00						Badminton	Badminton
17:00						13:00 -13:50	13:00 -13:50
18:00						Badminton	
19:00						14:00 -14:50	
20:00						Volleyball for beginners	
21:00						15:00 -16:50	
22:00	Abs, Butt and Thighs		DanceFit	Combat	Deep Stretching		
23:00	16:00 -16:50		16:00 -16:50	16:00 -16:50	16:00 -16:50		
17:00	DanceFit	Pump	Bodyweight Training	Badminton for beginners	Zumba®	Basketball	Step & Body
18:00	17:00 -17:50	17:00 -17:50	17:00 -17:50	17:00 -17:50	17:00 -17:50	17:00 -17:50	17:00 -17:50
19:00	Pump	Combat	Just Kick	Pump	Pump	Badminton	DanceFit
20:00	18:00 -18:50	18:00 -18:50	18:00 -18:50	18:00 -18:50	18:00 -18:50	18:00 -18:50	18:00 -18:50
21:00	Basketball for beginners women	Flow Harmony	Futsal	Zumba® Step	Floorball	Badminton	Pump
22:00	19:00 -20:20	19:00 -19:50	19:00 -20:30	19:00 -19:50	19:00 -20:30	19:00 -19:50	19:00 -19:50
23:00	Basketball for beginners men	Futsal for beginners	Floorball for beginners	Volleyball for beginners			Futsal
	20:30 -21:50	20:15 -21:50	20:40 -21:50	20:00 -21:50			20:00 -21:50

PRIVATE: COURSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
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13:00						Pole dancing for beginners C 13:00 -14:00	
14:00							
15:00							
16:00			Pole dancing for advanced beginners C 16:30 -17:30				
17:00							
18:00							
19:00	Weightlifting for beginners C 19:00 -20:00						
20:00							
21:00	Trail running for beginners C 19:00 -20:15						
22:00							
23:00							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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