

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-8.55		Yoga Stretching RS/TS (not 4.3.)		Yoga RS/VS/TS		
9-9.55	Yoga Stretching VS	Pump VS/RS (not 4.3., 11.3. and 25.3.)		Core RS/VS (not 13.2., 13.3., 3.4.)		
11-12.55						Pump AMK
12-12.55						Core AMK
13-13.55					Afro RS/VS (not 4.4.)	
14-14.55					AGT PS (not 4.4.) BodyBalance VS (not 4.4.)	
15-15.55			Core PS/VS		Pump PS (not 4.4.) Stretching VS (not 4.4.)	
16-16.55	CrossTraining PS Start class VS Wellbeing exercise K	Zumba PS Circuit (staff) VS Reggaeton RS	Pumppi PS Cardio VS	Pump PS PowerStep VS Jazz RS (not 30.1., 13.2., 20.2.) Neck and shoulder exercise TS	CrossTraining PS	
17-17.55	Zumba PS Pump VS	AGT PS Dancehall basic VS Stretching with friend TS CrossTraining AMK	Body PS HIIT25 + Core25 VS	RunFit PS Body VS Stretching RS/TS		
18-18.55	Armybic PS Step VS Yoga RS Pump AMK	Combatic PS BodyBalance VS Zumba AMK	FitInterval PS Deep Stretching VS Zumba (staff) RS 15.1.-5.2. and 9.4. at 17 (not 19.2.) PowerStep AMK	Zumba PS FitInterval VS Core RS (not 23.1., 30.1., 6.2., 20.2., 6.3.) Ballroom dance 18.30-20 R Combatic AMK		
19-19.55	Stretching VS Dancehall advanced RS Cardio AMK	FunctionalTraining PS Core25 + Stretching25 RS Historical dance 19-20.30 R Pump AMK	Kettleball Bootcamp PS Balletone VS Cardio AMK	HIIT25 + Stretching25 PS AGT RS (not 23.1., 30.1., 6.2., 20.2., 6.3.) FitInterval AMK		<ul style="list-style-type: none"> • No classes at AMK on week 9 • No classes at Easter 14.4.-21.4. • No classes 1.5.-2.5.
20-20.55	Fitness boxing 20-21.30 AMK		Core25 + Stretching25 AMK	Deep Stretching AMK		