

ACADEMIC SPORTS OF JYVÄSKYLÄ SUMMER 2014

19.5.-13.6. (OUTDOOR CLASSES CROSSTRAINING AND YOGA ON WEDENSDBAYS UNTIL 18.6.) AND 4.8.-29.8.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-9.55		Yoga RS Salla			
10-10.55				Pump PS (not 29.5.) Ida	
14-14.55					Pump PS (not 30.5.) Jaana
15-15.55		Pump PS Jaana	AGT PS Jasmin	Core PS (not 29.5.) Eve	Stretching PS (not 30.5.) Anette
16-16.55	FitInterval RS Jaana/Eevi	Core PS Eevi/Anette	Stretching PS Antti	Zumba PS (not 29.5.) Aliina	
17-17.55	Pump PS Jaana/Kaisa	Zumba PS Tytti		Body PS (not 29.5.) Jasmin	
18-18.55			CrossTraining UK (also 18.6.) Eve		
19-19.55			Yoga AG (also 18.6.) Elviira/Kaisa		