



- CITY

57 tuntia

MAANANTAI 11 TORSTAI 10

10.15		LES MILLS SHAPES 45 + VEN 15		10.15		BODYATTACK 55	
11.30		REFORM YOUR BODY 50	€	11.30		KUNTORYHMÄ 55 (60+)	☾ 60+
16.00		BODYSTEP FUNCTIONAL 30		16.00		REFORMER BALANCE 50	€
16.30		LES MILLS CORE 30		16.10		BODYCOMBAT 55	
17.10		BODYJAM 60		16.30		BOOTY X MUSCLE BEACH 55	
17.30		REFORMER POWER 50	€	17.15		BODYPUMP 55	
17.30		BOOTY X MUSCLE BEACH 55		17.30		VOIMATREENI 55	
18.20		STRENGTH DEVELOPMENT 45		17.30		REFORM YOUR BODY 50	☾ €
18.30		REFORM YOUR BODY 50	€	18.20		LES MILLS DANCE 45	
19.30		BODYCOMBAT 55		18.30		REFORMER BALANCE 50	☾ €
19.30		REFORMER BALANCE 50	☾ €				

TIISTAI 10 PERJANTAI 5

07.00		REFORM YOUR BODY 50	€	10.15		BODYPUMP 55	
11.15		BODYPUMP 55		11.30		LES MILLS REFORMER 50	☾ €
15.15		BODYCOMBAT 55		15.15		BODYBALANCE 55	
16.00		LES MILLS REFORMER 50	€	15.30		REFORMER POWER 50	€
16.20		BODYJAM 60		16.30		REFORM YOUR BODY 50	€

LAUANTAI 6

17.00		REFORM YOUR BODY 50	€	09.00		LES MILLS REFORMER 50	€
17.25		VINYASA YOGA 55		10.00		REFORMER POWER 50	€
18.30		GRIT STRENGTH 30		10.45		BODYCOMBAT 55	
19.00		LIKKUVUUS/VENYTELEY 30		11.00		REFORM YOUR BODY 50	☾ €
19.00		LIKKUVUUS 30		11.50		MUOKKAUS 55	
				13.00		VATSA-SELKÄ 20/ FASCIA 20 / ÄÄN...	☾

KESKIVIikko 11

07.00		BODYPUMP EXPRESS 45		10.30		BODYATTACK 30	
09.00		REFORM YOUR BODY 50	€	11.00		BODYCOMBAT 30	
10.15		MUOKKAUS 55		11.40		BODYBALANCE 55	
11.15		LIKKUVUUS 45 + ÄÄNIMALJA 15		14.00		YIN YOGA 75	☾
16.00		REFORMER BALANCE 50	☾ €				
17.00		BODYCOMBAT 55					
17.00		REFORM YOUR BODY 50	€				
18.00		REFORMER POWER 50	€				
18.05		STRENGTH DEVELOPMENT 45					
19.00		BODYBALANCE 55					
20.05		ÄÄNIMALJARENTOUTUS 20					

- GOGO KESÄTAPAHTUMAT

17.6 asti		Intersport x Scandic By GOGO RUN CLUB Maanantaisin kello 7:00	
su 24.5.		GOGO Vaellus	
ke 10.6.		Melontakurssi	
su 14.6.		Tenniskurssi	

- PARK

57 tuntia

MAANANTAI 11 TORSTAI 10

07.00		RUN CLUB 45 (15.6. asti)		07.00		LES MILLS CONQUER 45	
10.00		SENIORIITTA (60+)	60+	09.45		TÖNÖJUMPPA 55	
11.15		BODYPUMP 55		10.15		THE TRIP 40	
12.20		BODYBALANCE 55		12.20		BIOCIRCUIT: 30MIN ÄLYTREENI	
17.00		THE TRIP 40		17.10		PILATES 55	
17.00		VOIMAA ALOITTELIJOILLE 55		17.15		THE TRIP 40	
17.20		BODYPUMP 55		17.30		LES MILLS CONQUER 45	
18.00		BIOCIRCUIT: 30MIN ÄLYTREENI		18.20		GRIT STRENGTH 30	
18.15		LES MILLS CONQUER 45		18.30		THE TRIP 40	
18.30		BODYATTACK 55		18.55		LES MILLS CORE 30	
18.45		THE TRIP 40					

TIISTAI 10 PERJANTAI 8

09.15		FASCIAMETHOD 55		08.00		VOIMAA ALOITTELIJOILLE 55	☾
10.00		SENIORIITTA CIRCUIT (60+)	60+	09.00		THE TRIP 40	
10.15		THE TRIP 40		10.15		BODYSTEP FUNCTIONAL 55	
16.30		THE TRIP 40	☾	11.20		BODYJAM 60	
16.45		BODYPUMP HEAVY 55		16.20		BODYCOMBAT 55	
17.00		VOIMATREENI 55		16.30		THE TRIP 40	☾
17.15		LES MILLS CONQUER 45		17.25		LES MILLS SHAPES 45 + VEN 15	
17.50		BODYCOMBAT 55		18.40		BODYPUMP 55	

LAUANTAI 6

17.00		LES MILLS CONQUER 45	☾	09.15		PILATES 55	
17.15		LES MILLS CONQUER 45		09.15		THE TRIP 40	
17.50		BODYCOMBAT 55		10.15		BODYSTEP FUNCTIONAL 55	
18.20		THE TRIP 40		10.30		THE TRIP 40	
19.05		BODYBALANCE 55		11.30		LES MILLS CEREMONY 45	
				12.30		BODYJAM 60	

KESKIVIikko 8

08.00		BODYBALANCE 55		12.15		PAKARAT / KÄDET / VATSA-SELKÄ 60	
10.15		LES MILLS SHAPES 45 + VEN 15		17.00		THE TRIP 40	
16.15		SOULFUSION 55	☾	17.15		BODYPUMP 55	
17.00		THE TRIP 40		18.30		BODYBALANCE 55	
17.20		MUOKKAUS 55					
18.00		LES MILLS CONQUER 45	☾				
18.20		BODYATTACK 55					
19.25		BODYPUMP 55					

SUNNUNTAI 4

12.15		PAKARAT / KÄDET / VATSA-SELKÄ 60					
17.00		THE TRIP 40					
17.15		BODYPUMP 55					
18.30		BODYBALANCE 55					

SAVE THE DATES

ke 24.6.		Golf-kilpailu	
to 25.6.-6.8.		Tönöjumpat Eteläpuistossa Torstaisin kello 09:45	
25.6, 21.7. & 13.8.		GOGO-pesäpallo	
la 27.6.		Pyöräily Pyhäjärven ympäri	
ke 1.7.-29.7.		Jooga - Lapland Hotel Laawu kattoterassilla kello 8:00	

- HERVANTA

40 tuntia

MAANANTAI 9 TORSTAI 5

10.15		PILATES 55		10.15		PAKARAT/KÄDET/VATSA-SELKÄ 60	
16.30		HYROX 55		17.30		STRENGTH DEVELOPMENT 45	
17.00		LES MILLS CORE 45		18.20		BODYSTEP FUNCTIONAL 55	
17.00		INTRO TO GYM TRAINING 55		18.30		BODYBALANCE 55	
17.50		BODYCOMBAT 55		19.00		HYROX 55	
17.50		LES MILLS DANCE 45					
18.00		SPINNING 55					
18.40		YIN YOGA 75					
19.00		LES MILLS CEREMONY 45					

TIISTAI 9 PERJANTAI 4

07.00		HYROX 55		07.00		BODYBALANCE 55	
10.15		BODYBALANCE 55		09.30		HYROX 55	
12.00		KUNTORYHMÄ (60+)	60+	16.15		BODYPUMP HEAVY 55	
17.30		BODYJAM 60		17.15		LES MILLS CORE 30 + FASCIA 30	☾
18.00		SPINNING 55	☾				

LAUANTAI 5

10.05		BODYCOMBAT 55		10.30		BODYPUMP 55	
11.10		BODYPUMP 55		16.45		BODYJAM 60	
11.45		HYROX 55		17.50		VATSA-SELKÄ 30	
12.20		BODYBALANCE 55		18.20		FASCIAMETHOD 55	
12.45		HYROX 55					

SUNNUNTAI 4

10.15		BODYPUMP 55		10.30		BODYPUMP 55	
16.15		HYROX 55		16.45		BODYJAM 60	
17.15		BODYCOMBAT 55		17.50		VATSA-SELKÄ 30	
18.20		PAKARAT/KÄDET/VATSA-SELKÄ 60		18.20		FASCIAMETHOD 55	

- GOGO REFORMER - VAAJAKATU 13 tuntia

MAANANTAI 3 TORSTAI 2							
10.15		REFORMER POWER 50	€	18.00		LES MILLS REFORMER 50	€
17.00		REFORMER BALANCE 50	€	19.00		REFORMER BALANCE 50	€
18.00		LES MILLS REFORMER 50	€				

TIISTAI 2							
17.30		REFORM YOUR BODY 50	€	10.15		REFORMER BALANCE 50	€
18.30		REFORMER POWER 50	€	16.30		REFORM YOUR BODY 50	€

KESKIVIikko 2							
17.15		REFORMER POWER 50	€	09.30		LES MILLS REFORMER 50	€
18.15		REFORM YOUR BODY 50	€	10.30		REFORM YOUR BODY 50	€