

Julschema Jouluhjelma 22.11-9.1

STÄNGT / SULJETTU
24-25.12, 1.1
Ändringar i schemat /
muutokset ohjelmassa
6.12, 23.12, 26.12, 31.12

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
10.00 BODYPUMP CARINA	10.00 CORE WORKOUT 45 MIN ANNA	10.00 ZUMBA ANNA	10.00 BODY- BALANCE ANNA	10.00 BODYPUMP TEAM	10.00 SOMA MOVE MIKAELA	16.00 ZUMBA 50MIN ANNA
17.30 SHAPE & CORE JESSICA	16.30 CORE WORKOUT 45 MIN ANNA	17.45 STEP-N- MUSCLE 50MIN ANNIKA	17.15 ZUMBA 50MIN ANNA	17.00 SEE INFO BELOW	11.00 EXPRESS SATURDAY (BODYPUMP / BODYATTACK) JESSICA / SANNA	17.00 BODYATTACK MIKAELA / JESSICA / SANNA
18.45 BODY- COMBAT JESSICA / LINDA	17.30 BODYPUMP CARINA	18.45 BODY- COMBAT LINDA / JESSICA	18.15 BODYPUMP LINDA / JESSICA / SANNA			18.15 POWER HOUR MIKAELA
20.00 ZUMBA 20.11 / 27.12 SH'BAM / BODY- BALANCE 13.12 / 20.12 ANNA	18.45 BODYATTACK SANNA / JESSICA / MIKAELA	20.00 BODYPUMP 45MIN SANNA	19.30 SOMA MOVE MIKAELA			19.30 BODY- BALANCE MIKAELA / ANNA
	20.00 BODY- BALANCE ANNIKA					

studio2

PRISER / HINNAT

8€ / 6€*

engångspris / kertamaksu

65€ / 48€*

10ggrs kort / 10 kerran kortti

55€

månadskort / kuukausikortti

* studerande, pensionärer, arbetslösa,
mamma- och vårdeldiga / Opiskelijat,
eläkeläiset, työttömät, äitiyslomalla
ja hoitovapaalla olevat.

www.studioz.fi / info@studioz.fi
Järnväggsgatan 23 / Rautatienkatu 23

EXTRA CLASSES

6.12

10.00 BODYPUMP 30MIN / JESSICA
10.35 BODYATTACK 30MIN / JESSICA
11.10 BODYBALANCE 30MIN / JESSICA
11.45 BODYCOMBAT / LINDA

23.12

10.00 BODYPUMP / JESSICA
11.15 BODYATTACK 45MIN / SANNA

26.12

10.00 SOMA MOVE / MIKAELA
11.00 CHRISTMAS POWER / MIKAELA

31.12

10.00 NEW YEAR POWER / MIKAELA
11.15 80'S NEW YEAR'S PARTY / ANNIKA

2.1

15.30 VIRYAYOGA 75MIN / 10€ / MALIN

FRIDAYS @ 17.00

26.11

80'S DANCE
ANNIKA

3.12

PILATES
& RELAXATION
JESSICA

10.12

SH'BAM 30 /
BODYPUMP 30
CARINA

17.12

VIRYAYOGA
75MIN / 10€
MALIN

7.1

80'S DANCE
ANNIKA