







| MAANANTAI | TIISTAI | KESKIVIikko | TORSTAI | PERJANTAI | LAUANTAI | SUNNUNTAI |
|--------------------|------------------|------------------|------------------|------------------|---------------|----------------|
| 6:30 WOD | 6:30 WOD | 6:30 WOD | 6:30 MOBILITY | 6:30 WOD | | |
| 7:30 WOD | 7:30 WOD | 7:30 WOD | 7:30 RÄSTI | 7:30 WOD | | |
| 8:30 WOD | 8:30 WOD | 8:30 WOD | 8:30 RÄSTI | 8:30 WOD | | |
| 9:30 OPEN DOORS | 9:30 OPEN DOORS | 9:30 OPEN DOORS | 9:30 OPEN DOORS | 9:30 OPEN DOORS | 10:00 WOD | |
| 10:30 OPEN DOORS | 10:30 OPEN DOORS | 10:30 OPEN DOORS | 10:30 OPEN DOORS | 10:30 OPEN DOORS | 11:00 PN TEKU | |
| 11:30 WOD | 11:30 WOD | 11:30 WOD | 11:30 OPEN DOORS | 11:30 WOD | 12:00 PN TEKU | |
| 12:30 OPEN DOORS | 12:30 OPEN DOORS | 12:30 OPEN DOORS | 12:30 OPEN DOORS | 12:30 OPEN DOORS | | |
| 13:00 CROSSFIT 60+ | 13:30 OPEN DOORS | 13:30 OPEN DOORS | 13:30 VAALIJALA2 | 13:30 OPEN DOORS | | |
| 14:30 VAALIJALA1 | 14:30 OPEN DOORS | 14:30 OPEN DOORS | 14:30 OPEN DOORS | 14:30 OPEN DOORS | | 15:00 RÄSTI |
| 16:00 WOD | 16:00 WOD | 16:00 WOD | 16:00 RÄSTI | 16:00 WOD | | 16:00 RÄSTI |
| 17:00 WOD | 17:00 WOD | 17:00 WOD | 17:00 RÄSTI | 17:00 WOD | | 17:00 MOBILITY |
| 18:00 WOD | 18:00 WOD | 18:00 WOD | 18:00 RÄSTI | 18:00 WOD | | |
| 19:00 WOD | 19:00 WOD | 19:00 WOD | 19:00 MOBILITY | 19:00 OPEN | | |

| | | | | | |
|--|------------------------------|---|----------------------------------|---|---|
|  | Ohjattu WOD |  | Ohjatut rästitreenit |  | Ohjattu MOBILITY kehonhuolto + omatoimitreenaajat |
|  | Ohjattu Painonnostotekniikka |  | Ohjattu WOD + omatoimitreenaajat |  | Omatoimitreenaajat |