







| 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 SKILL/<br>STRENGHT/ STAMINA  | 7:30 WOD         |               |                 |
| 8:30 WOD           | 8:30 WOD         | 8:30 WOD         | 8:30 SKILL/<br>STRENGHT/ STAMINA  | 8:30 WOD         | 9:00 WOD      |                 |
| 10:00 EASYWOD      | 9:30 OPEN DOORS  | 9:30 OPEN DOORS  | 10:00 EASYWOD                     | 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 |               |                 |
| 13:30 CROSSFIT 60+ | 13:30 OPEN DOORS | 13:30 OPEN DOORS | 13:30 VAALIJALA2                  | 13:30 OPEN DOORS |               |                 |
| 15:00 WOD          | 15:00 WOD/OPEN   | 15:00 WOD/OPEN   | 14:30 OPEN DOORS                  | 15:00 WOD        |               | 15:00 KESTÄVYYS |
| 16:00 WOD          | 16:00 WOD        | 16:00 WOD        | 16:00 SKILL/<br>STRENGHT/ STAMINA | 16:00 WOD        |               | 16:00 KESTÄVYYS |
| 17:00 EASYWOD      | 17:00 WOD        | 17:00 WOD        | 17:00 EASYWOD                     | 17:00 WOD        |               | 17:00 MOBILITY  |
| 18:00 WOD          | 18:00 WOD        | 18:00 WOD        | 18:00 SKILL/<br>STRENGHT/ STAMINA | 18:00 WOD        |               |                 |
| 19:00 WOD          | 19:00 WOD        | 19:00 WOD        | 19:00 MOBILITY                    | 19:00 OPEN       |               |                 |

|   |  |  |
|---|--|--|
|  Ohjattu WOD                  |  Ohjatut taito-, voima- ja kestävyystreenit |  Ohjattu MOBILITY kehonhuolto |
|  Ohjattu Painonnostotekniikka |  Ohjatut ryhmät                             |  Omatoimitreenaajat           |