







MAANANTAI	TIISTAI	KESKIVIIKKO	TORSTAI	PERJANTAI	LAUANTAI	SUNNUNTAI
6:30 WOD	6:30 WOD	6:30 WOD	6:30 SKILL/ STRENGHT/ STAMINE	6:30 WOD		
7:30 WOD	7:30 WOD	7:30 WOD	7:30 SKILL/ STRENGHT/ STAMINA	7:30 WOD		
8:30 WOD	8:30 WOD	8:30 WOD	8:30 SKILL/ 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	
13:00 CROSSFIT 60+	12:30 OPEN DOORS	12:30 OPEN DOORS	12:30 OPEN DOORS	12:30 OPEN DOORS		
14:00 OPEN DOORS	13:30 OPEN DOORS	13:30 OPEN DOORS	13:30 OPEN DOORS	13:30 OPEN DOORS		
15:00 WOD	15:00 WOD	15:00 WOD	15:00 SKILL/ STRENGHT/STAMINA	14:30 OPEN DOORS		15:00 KESTÄVYYS
16:00 WOD	16:00 WOD	16:00 WOD	16:00 SKILL/ 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/ STRENGHT/ STAMINA	18:00 WOD		

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