

# Kuntosali 29.8.2022 - 30.4.2023

|       | Maanantai          | Tiistai           | Keskiviikko                             | Torstai                            | Perjantai          |
|-------|--------------------|-------------------|---|------------------------------------|--------------------|
| 8.00  |                    |                   |   |                                    |                    |
| 9.00  |                    |                   |   |                                    |                    |
| 9.15  |                    |                   |   |                                    |                    |
| 9.30  |                    |                   |   |                                    |                    |
| 9.45  |                    |                   |   |                                    |                    |
| 10.00 | Seniorit, OT 10-11 |                   | Ikäihmisten kuntosali<br>10-11 'reipas' | Eksote, ryhmätoiminta<br>klo 10-11 | Seniorit, OT 10-11 |
| 10.15 |                    |                   |   |                                    |                    |
| 10.30 |                    |                   |   |                                    |                    |
| 10.45 |                    |                   |   |                                    |                    |
| 11.00 |                    | Marin kuntorasti  | Ikäihmisten kuntosali                   |                                    | Eläkeliitto        |
| 11.15 |                    | Klo 11-12         | kevyt' 11-12                            |                                    | Klo 11-12          |
| 11.30 |                    | 6.9. alkaen       |   |                                    | 9.9. alkaen        |
| 11.45 |                    |                   |   |                                    |                    |
| 12.00 |                    |                   |   |                                    |                    |
| 13.00 |                    |                   |   |                                    |                    |
| 13.15 |                    |                   |   |                                    |                    |
| 13.30 |                    |                   |   |                                    |                    |
| 13.45 |                    |                   |   |                                    |                    |
| 14.00 | Naisten kuntosali  |                   |   |                                    |                    |
| 14.15 | 14.00-15.00        |                   |   |                                    |                    |
| 14.30 |                    |                   |   |                                    |                    |
| 14.45 |                    |                   |   |                                    |                    |
| 15.00 |                    | Ruokolahden koulu | Miesten kuntosali 15-16                 |                                    |                    |
| 16.00 |                    | 15.00-17.00       |   |                                    |                    |
| 16.30 |                    |                   |   |                                    |                    |
| 17.00 |                    | Circuit A 17-18   |   |                                    |                    |
| 17.30 |                    | 6.9. alkaen       |   |                                    |                    |
| 18.00 |                    |                   |   |                                    |                    |
| 19.00 |                    |                   |   | Circuit B 19-20                    |                    |
| 19.30 |                    |                   |   | 8.9. alkaen                        |                    |
| 20.00 |                    |                   |   |                                    |                    |
| 20.30 |                    |                   |   |                                    |                    |

|       |  |  |  |  |  |
|-------|--|--|--|--|--|
| 21.00 |  |  |  |  |  |
| 22.00 |  |  |  |  |  |