

MA

12:15-13:00 WellMama BabyFIT
16:15-17:15 WellJooga
17:30-18:30 WellMama Raskausjooga
18:45-19:45 WellYogaPilates

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TI

16:15-17:15 WellMama MamaFit
17:30-18:30 Core ja kehonhuolto

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KE

12:15-13:00 WellMama BabyJooga
16:15-17:15 WellMama Raskausjooga
17:30-18:30 WellDynamics
18:45-19:45 Astangajooga

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TO

16:15-17:15 WellPilates
17:30-18:30 WellMama Odottavien Pilates
18:45-19:00 Yksilövalmennus / Vuokraa tila

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PE

09:00-09:45 WellPilates
10:30-11:00 ONLINE WellMama BabyJooga
11:15-11:45 ONLINE WellMama BabyPilates
12:15-13:00 WellMama BabyPilates

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SU

16:45-17:45 WellMama Odottavien Pilates
18:00-19:00 WellDynamics
19:15-20:15 WellRelax

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