

MAANANTAI	TIISTAI	KESKIVIikko	TORSTAI	PERJANTAI	LAUANTAI	SUNNUNTAI
	7.00-8.00 WOD			7.00-8.00 WOD		
	8.00-11.00 OPEN GYM	8.00-11.00 OPEN GYM	8.00-11.00 OPEN GYM	8.00-11.00 OPEN GYM	9.00-10.30 PAINONNOSTO	
					10.30-12.30 OPEN GYM	
	11.00-12.00 WOD	11.00-12.00 WOD	11.00-12.00 WOD	11.00-12.00 WOD	10.30-12.00 KIDS	
16.00-17.00 WOD	16.30-17.30 WOD	16.00-17.00 WOD	16.00-17.00 WOD	16.00-17.00 WOD		16.30-18.30 OPEN GYM
17.00-18.00 WOD	17.30-18.30 FOUNDATION*	17.00-18.00 MVMT MIX	17.00-18.00 WOD	17.00-18.00 WOD		16.00-17.15 BASIC SKILLS 17.15-18.30 WEIGHTED MOBILITY
18.00-19.00 WOD	18.30-19.30 WOD	18.30-19.30 WOD	18.00-19.30 HANDSTAND*	18.00-19.00 WOD		
				19.00-20.00 ACTIVE* MOBILITY		
19.00-20.30 GST*	19.30-21.00 ON-RAMP/OPEN GYM*	19.30-20.30 WOD	19.30-20.30 ON-RAMP/OPEN GYM*	19.30-21.00 ON-RAMP/OPEN GYM*		

***Open gym vain, kun On-Ramp käynnissä/* merkityt ETCF MVMT tuntien aikana myös Open gym**