

NIINIVAARA

	MA	TI	KE	TO	PE	LA	SU
5.00							
6.00							
7.00							
8.00							
9.00							
10.00	OPEN HOUR 10-10.30				OPEN HOUR 10-10.30		
11.00	SENIORI AITTA 10.30-12				SENIORI AITTA 10.30-12		
12.00	OPEN HOUR 12-12.30				OPEN HOUR 12-12.30		
13.00							
14.00							OPEN HOUR 14-15.30
15.00							
16.00	OPEN HOUR 16-17		OPEN HOUR 16-18	OPEN HOUR 16-17	OPEN HOUR 16-17		
17.00		CIRCUIT 17-18					
18.00							
19.00							
20.00							
21.00							
22.00							
23.00							

KARSIKKO

	MA	TI	KE	TO	PE	LA	SU
5.00							
6.00							
7.00							
8.00							
9.00							
10.00		OPEN HOUR 10-10.30		OPEN HOUR 10-10.30			
11.00		SENIORI AITTA 10.30-12		SENIORI AITTA 10.30-12			
12.00		OPEN HOUR 12-12.30		OPEN HOUR 12-13			
13.00				PRIVATE GROUP 13-14.30			
14.00							
15.00							
16.00							
17.00		OPEN HOUR 17-18		LADIES ONLY 17-18			CIRCUIT 17-18
18.00				OPEN HOUR 18-19			
19.00							
20.00							
21.00							
22.00							
23.00							

Light Green	OPEN HOUR (staff is present, possible to buy gym tags etc)
Blue	SENIORI AITTA (group activity, gym is reserved for the group)
Yellow	CIRCUIT (group activity, gym is reserved for the group)
Red	LADIES ONLY (gym is open for women only)
Light Yellow	PRIVATE GROUP (every week, gym is reserved for the group)

ONLINE SIGN UP (group activities):

www.vello.fi/kuntoaitta

* Signing up closes three (3) hours before the group starts

* Cancellations 8h before the start of the group

* Sign up and cancellation times do not apply on Seniori Aitta