

KAMK Sports group fitness lessons 2016

	WEEK	Strength Training	Body Wellbeing	Sisäpyöräily	Vaihtuva teema
September	36	Kettlebell Tanja	Dynamic stretching Tanja	Easy Ronja	Martial arts Ronja
	37	Bodyweight training Ronja	High Roller Ronja	Medium Ronja	Dance Tanja
	38	Barbell Tanja	Stretching Tanja	Heavy Ronja	Yoga Tanja
	39	Circuit Tanja	Resistance band Tanja	Medium Tanja	Acrobatics Sade
October	40	Kettlebell Tanja	High Roller Ronja	Easy Ronja	Yoga Tanja
	41	Bodyweight training Tanja	Dynamic stretching Ronja	Medium Ronja	Yoga Tanja
	42	Barbell Tanja	Stretching Ronja	Heavy Ronja	Yoga Tanja
	43	INDEPENDENT STUDY WEEK			
November	44	Kettlebell Tanja	Dynamic stretching Tanja	Easy Ronja	Martial arts Ronja
	45	Bodyweight training Tanja	High Roller Tanja	Medium Ronja	Martial arts Ronja
	46	Barbell Tanja	Stretching Tanja	Heavy Ronja	Martial arts Ronja
	47			Medium Ronja	Martial arts Ronja
December	48	Kettlebell Tanja	High Roller Ronja	Easy Ronja	Get ready for the Christmas
	49			INDEPENDENCE DAY	Get ready for the Christmas
	50	Barbell Tanja	Stretching Ronja	Heavy Ronja	Get ready for the Christmas
	51	Functional training Tanja	Taiji Ronja	Medium Ronja	

Teematreeni		
28.9	ChiBall	Tanja
12.10	Boot Camp	Tanja and Ronja
2.11	KIN-Ball	Tanja and Ronja
23.11	Acrotraining	Tanja and Ronja
Get ready for the Christmas		
Get ready for the Christmas		
Get ready for the Christmas		