



SPORT SERVICES 2011

	Tikkurila	Leppävaara	Otaniemi	Pasila
MONDAY	<u>Gym Workout, EasyFit</u> at 16.00-17.00 19.9-10.10.2011 (4 times)			<u>Pole Dancing, Pole4Fit studio</u> at 14.30-15.30 10.10-31.10.2011 (4 times)
	<u>WorkOutMix, space B403</u> at 16.30-17.30 19.9-21.11.2011 (10 times)	Salsa, space 182 ar 16.30-17.30 26.9-28.11.2011 (10 times)	<u>WorkOutMix, Sporthall</u> at 16.00-17.00 19.9-10.10.2011 (10 times)	

TUESDAY

Helsinki
<u>Mixed Martial Arts, Helsinki</u> at 17.00-18.00 20.9-22.11.2011(10 times)

WEDNESDAY

Leppävaara
<u>Mind&Body, space 234 A</u> at 16.15-17.15 28.9-26.10.2011 (4 times)

THURSDAY

Otaniemi	Puistolan Tennis- ja Palloiluhalli
<u>Jooga</u> at 16.00-17.00 20.10-8.12.2011 (8 times)	<u>Badminton Club</u> at 15.30-17.00 22.9-15.12.2011

Adresses:

SPACE:	ADRESS:	COURSES:
Tikkurila, B 403	Tikkurilan local unit, 4 floor, space 403	WorkOutMix
Tikkurila, EasyFit	Sport Center EasyFit, Kielotie 4-6	Gym Workout
Leppävaara, 182	Leppävaaran local unit, 1 floor, space 182	Salsa
Leppävaara, 234 A	Leppävaaran local unit, 1 floor, space 234 A	Body&Mind
Otaniemi, Sport hall	Otaniemen local unit sport hall, street level	WorkOutMix, Jooga
Pasila, Pole4Fit Studio	Pole4Fit studio, Opastinsilta 9, Helsinki	Pole Dance
Helsinki, Combat Society	Combat Society Centre, Valuraudantie 13, Helsinki	Mixed Martial Arts
Puistola, Tennis- ja Palloiluhalli, Tapulikaupungintie 4, Helsinki		Badminton Club

PRICES:

COURSE	WITH A STUDENT CARD	OTHERS
WorkOutMix	35 €	45 €
Gym Workout	15 €	25 €
Jooga	50 €	60 €
Mind&Body	18 €	25 €
Salsa	40 €	80 €
Pole Dance	32 €	42 €
Vapaaottelu	40 €	50 €