| **Uintikeskus Ulpukan liikuntatilan harjoitusvuorot 31.8.2020- 30.5.2021** | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| **Ma** | **10.30-11.30** | | **Pyryt/Zumba Gold, aikuiset** | | | | |
| | 16.00-17.00 | | RaisU/uinti | | | | |
| | 17.00-18.00 | | Pyryt/FantasyMoves 3-4v | | | | |
| | 18.00-19.00 | | Pyryt/TeenFit 10-15v | | | | |
| | **19.00-20.00** | | **Pyryt/Step aikuiset** | | | | |
| | **20.00-21.00** | | **Pyryt/DanceMoves aikuiset** | | | | |
| | | | | | | | |
| **Ti** | **10.00-11.00** | | **Pyryt/tiistaikympit >5** | | **50 aikuiset** | | |
| | 16.00-18.00 | | RaisU/uinti | | | | |
| | **18.00-19.00** | | **Pyryt/Pole tekniikka aikuiset** | | | | |
| | **19.00-20.00** | | **Pyryt/Pole tekniikka jatko aikuiset** | | | | |
| | | | | | | | |
| **Ke** | 16.00-18.00 | | RaisU/uinti | | | | |
| | 18.00-19.00 | | Pyryt/DanceGym 7-10v | | | | |
| | 19.00-20.00 | | Pyryt/DanceMoves >13v | | | | |
| | | | | | | | |
| **To** | **9.30-10.30** | | **Vaisaaren päiväkoti (sis)** | | | | |
| | 17.00-18.00 | | RaisU/uinti | | | | |
| | **18.00-19.00** | | **Pyryt/Pole start aikuiset** | | | | |
| | 19.00-20.30 | | Pyryt/Adessat, kilparyhmä >13v | | | | |
| | | | | | | | |
| **Pe** | **8.00-9.30** | | **Raisio-opisto/aamujooga jatko** | | | | |
| | **9.30-10.30** | | **Perhepäivähoito (sis.)** | | | | |
| | **17.00-18.00** | | **Pyryt/DancePole, aikuiset** | | | | |
| | 18.00-19.00 | | RaisU/uinti | | | | |
| | | | | | | | |
| **La** | 8.30-11.00 | | RaisU/uinti nuoret | | | | |
| | **12.00-13.15** | | **Raisio-opisto/aikuisbaletti 3.** | | | | |
| | **13.15-14.30** | | **Raisio-opisto/kuntobaletti aikuiset** | | | | |
| | **14.30-15.45** | | **Raisio-opisto/aikuisbaletti 2.** | | | | |
| | **15.45-17.00** | | **Raisio-opisto/aikuisbaletti 1.** | | | | |
| | 17.00-18.30 | | RaisU/uinti nuoret | | | | |
| | | | | | | | |
| **Su** | 9.00-11.00 | | RaisU/uinti nuoret | | | | |
| | **11.30-12.00** | | **Raisio-opisto/satubaletti 3-4v** | | | | |
| | **12.00-12.30** | | **Raisio-opisto/satubaletti 3-4v** | | | | |
| | **12.30-13.15** | | **Raisio-opisto/alkeisbaletti ja luova tanssi (5-8v)** | | | | |
| | **13.15-14.00** | | **Raisio-opisto/lastentanssi (5-8v)** | | | | |
| | **14.00-15.00** | | **Raisio-opisto/kuntotanssi aikuiset** | | | | |
| | **16.00-17.00** | | **Pyryt/Showtanssi aikuiset** | | | | |
| | **17.00-18.00** | | **Pyryt/Hiit ja kehonhuolto aikuiset** | | | | |
| | | | | | | | |
| **2020** | **koko päivä** | | | | | | |
| **La** | 26.9.2020 | | RaisU kilpailut | | | | |
| **La** | 24.10.2020 | | RaisU kilpailut | | | | |
| **La** | 12.12.2020 | | RaisU kilpailut | | | | |
| | | | | | | | |
| **2021** | **koko päivä** | | | | | | |
| **La** | 23.1.2021 | | RaisU kilpailut | | | | |
| **la** | 20.3.2021 | | RaisU kilpailut | | | | |
| **La** | 22.5.2021 | | RaisU kilpailut | | | | |