

MONALIIKU'S GROUPS FOR AUTUMN 2018

- ALL THE GROUPS ARE FREE OF CHARGE -

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
<p>HELSINKI EXERCISE FOR WOMEN Instructor: Ayisat Mondays 11:00-12:00 3.9. – 10.12.</p> <p>Herttoniemen asukastalo Ankkuri Paasivaarankatu 6 Helsinki</p> <p>In cooperation with Helsinki City</p>	<p>HELSINKI FOOTBALL FOR WOMEN</p> <p>Tuesdays 17:00-18:00 4.9. – 11.12.</p> <p>PalloMylly (indoor) Pikajuoksijakuja 9 Myllypuro</p> <p>In cooperation with Helsinki City</p>	<p>HELSINKI EXERCISE FOR WOMEN Instructor: Ayisat Wednesdays 17:00-18:00 5.9. – 12.12.</p> <p>Laakavuoren ala-aste Jänkäpolku 1 Helsinki</p> <p>In cooperation with Helsinki City</p>	<p>HELSINKI EXERCISE FOR WOMEN Instructor: Tarja Fridays 11:00-12:30 19.1. – 4.5.</p> <p>Kettutie Youth Centre Kettutie 8B Herttoniemi</p> <p>In cooperation with Helsinki City and Suomen Diakoniaopisto</p>	<p>ESPOO EXERCISE FOR WOMEN Instructor: Ayisat Saturdays 10:15-12:00 25.8. – 14.12.</p> <p>Kannusillanmäen väestösuoja Kannusillankatu 4 Espoon Keskus</p> <p>In cooperation with Espoo Sport Department</p>	<p>ESPOO KANGOO JUMPS FOR WOMEN AND GIRLS Instructor: Veronica Sundays 14:00-15:00 2.9. – 2.12.</p> <p>Storängens School Rehtorinkuja 4 Espoonlahti</p> <p>Note. Shoe rental 5€ per time</p> <p>In cooperation with Espoo Sport Department</p>
<p>ESPOO GYM TRAINING FOR WOMEN</p> <p>Mondays 15:30-17:00 20.8. – 10.12.</p> <p>Kannusillanmäen väestösuoja Kannusillankatu 4 Espoon Keskus</p> <p>REGISTRATION IS REQUIRED</p>	<p>HELSINKI FOOTBALL FITNESS NAISILLE Instructor: Ayisat</p> <p>Tiistaisin 17:00-18:00 7.8.-11.12.</p> <p>PalloMylly (sisähalli) Pikajuoksijankuja 9, Myllypuro</p> <p>In cooperation with FARE Network ja KKI program</p>	<p>ESPOO EXERCISE WITH A BALL FOR WOMEN Instructor: Ayisat Wednesdays 13:00-14:00 05.09. – 12.12.</p> <p>Kannusillanmäen väestösuoja palloilusali Kannusillankatu 4 Espoon Keskus</p> <p>In cooperation with Espoo Sport Department</p>		<p>ESPOO BADMINTON ABC FOR WOMEN AND GIRLS Instructor: Jila Saturdays 12:00-14:00 25.8. – 1.12.</p> <p>Saarnilaakso School Hösmärintie 1 Espoon Keskus</p> <p>In cooperation with Espoo Sport Department</p>	<p>ESPOO YOGA FOR WOMEN AND GIRLS Instructor: Maisa Sundays 15:00-16:00 7.10. – 2.12.</p> <p>Storängens School Rehtorinkuja 4 Espoonlahti</p> <p>Note: Bring your own mat if you have (not a must)</p> <p>In cooperation with Espoo Sport Department</p>

Please contact us, whether you have any questions.

Register to the groups via our Webpage: <https://www.monaliiku.fi/ryhmat-groups/>

Send e-mail: office@monaliiku.fi

Call or send a message: 040-0608414

Facebook: <https://www.facebook.com/Monaliiku/>

Groups may be subject to change.

