

OHJATUT TUNNIT 3.6.-1.9.2024

MAANANTAI	TIISTAI	KESKIVIIKKO	TORSTAI	PERJANTAI	LAUANTAI	SUNNUNTAI
			7:15 Les Mills BODYBALANCE® 60' soul			
	11:00 Purneri 45' stage			11:00 Les Mills SHAPES™ 45' stage		
16:30 Les Mills Strength Development™ 45' stage	16:45 Les Mills SHAPES™ 45' stage	16:45 Les Mills BODYSTEP®30' stage	16:45 Purneri 45' stage	16:45 Les Mills CORE™ 30' stage		
17:20 Les Mills CORE™ 30' stage		17:20 Les Mills BODYPUMP® 30' stage		17:30 Yin Yoga 60' soul		17:30 Les Mills BODYPUMP® 45' stage
18:00 Spin Basic 30' drive		18:00 HYROX Start 60' stage, gym, row		17:30 HYROX 60-90' stage, gym, row		18:30 Les Mills BODYBALANCE® 60' stage
18:40 VAIHTUVA Yoga Groove 60' / Les Mills DANCE™ 45' soul/stage	19:00 Les Mills SPRINT™ 30' drive		19:00 Les Mills BODYCOMBAT® 60' stage			

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