

## OHJATUT TUNNIT 7.1.-25.5.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
		<b>07:15</b> Les Mills BODYBALANCE® 60' soul				
<b>11:00</b> Les Mills SHAPES™ 45' stage	<b>11:00</b> Fascia Method 45' stage	<b>11:00</b> Purneri 45' stage	<b>11:00</b> HYROX 60' stage/gym/row	<b>11:00</b> SKILLROW Class 30' row	<b>11:00</b> Les Mills PILATES™ 45' stage	
	<b>16:45</b> Les Mills PILATES™ 45' stage			<b>11:40</b> Les Mills PILATES™ 45' stage	<b>12:00</b> Les Mills SPRINT™ 30' drive	
<b>17:00</b> Les Mills FUNCTIONAL STRENGTH™ 45' stage	<b>17:40</b> Les Mills BODYSTEP® 60' stage	<b>16:45</b> HYROX 60' stage/gym/row	<b>16:45</b> Les Mills FUNCTIONAL STRENGTH™ 45' stage	<b>16:45</b> HYROX 60' stage/gym/row		
<b>18:00</b> Spin Basic 45' drive	<b>17:45</b> Les Mills SPRINT™ 30' drive	<b>17:55</b> Barre 60' stage	<b>17:40</b> Les Mills SHAPES™ 45' stage	<b>18:00</b> Yin Yoga 60' soul		<b>17:30</b> Les Mills BODYPUMP® 60' stage
<b>18:00</b> HYROX 60' gym, row	<b>18:30</b> Äijä Yoga 60' soul	<b>18:00</b> Spin Basic 45' stage	<b>18:30</b> Les Mills BODYCOMBAT® 60' stage	<b>19:15</b> Dance Step 45' stage		<b>18:40</b> Les Mills BODYBALANCE® 60' stage
	<b>19:00</b> HYROX 60' stage/gym/row	<b>19:00</b> Les Mills CORE™ 30' stage	<b>19:40</b> Fascia Method 45' stage			