

# OHJATUT TUNNIT 2.5.-25.5.2025

| Maanantai                                    | Tiistai                                      | Keskiviikko                              | Torstai                                                    | Perjantai                                   | Lauantai                                    | Sunnuntai                                          |
|----------------------------------------------|----------------------------------------------|------------------------------------------|------------------------------------------------------------|---------------------------------------------|---------------------------------------------|----------------------------------------------------|
| 11:00<br>LES MILLS<br>SHAPES™ 45'<br>stage   | 11:00<br>Fascia Method 45'<br>stage          | 11:00<br>Purneri 45'<br>stage            | 11:00<br>HYROX 60'<br>stage/gym/row                        | 11:00<br>SKILLROW<br>Class 30'<br>row       | 11:00<br>LES MILLS<br>PILATES™ 45'<br>stage |                                                    |
|                                              |                                              |                                          |                                                            | 11:40<br>LES MILLS<br>PILATES™ 45'<br>stage | 12:00<br>LES MILLS<br>SPRINT™ 30'<br>drive  |                                                    |
| 17:00<br>LES MILLS<br>CEREMONY™ 45'<br>stage | 16:45<br>LES MILLS<br>PILATES™ 45'<br>stage  | 16:45<br>HYROX 60'<br>stage/gym/row      | 16:45<br>LES MILLS<br>FUNCTIONAL<br>STRENGTH™ 45'<br>stage | 17:00<br>LES MILLS<br>CEREMONY™<br>stage    |                                             |                                                    |
| 18:00<br>Spin Basic 45'<br>drive             | 17:40<br>LES MILLS<br>BODYSTEP® 60'<br>stage | 17:55<br>Barre 60'<br>stage              | 17:40<br>LES MILLS<br>SHAPES™ 45'<br>stage                 | 18:00<br>Yin Yoga 60'<br>soul               |                                             | 17:30<br>LES MILLS<br>BODYPUMP® 60'<br>stage       |
| 18:00<br>HYROX 60'<br>stage, gym, row        | 19:00<br>LES MILLS<br>CEREMONY™<br>stage     | 18:00<br>Spin Basic 45'<br>stage         | 18:30<br>LES MILLS<br>BODYCOMBAT® 60'<br>stage             |                                             |                                             | 18:40<br>LES MILLS<br>BODYBALANCE®<br>60'<br>stage |
|                                              |                                              | 19:00<br>LES MILLS<br>CORE™ 30'<br>stage | 19:40<br>Fascia Method 45'<br>stage                        |                                             |                                             |                                                    |

**Ole.Fit**

VARKAUS