

OHJATUT TUNNIT 7.1.-25.5.2025

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