

# OHJATUT TUNNIT 14.10.-15.12.2024

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
		<b>07:15</b> Les Mills BODYBALANCE® 60' soul		<b>10:20</b> SKILLROW Class 30' row		
<b>11:00</b> Les Mills BODYPUMP® 45' stage	<b>11:00</b> Les Mills SHAPES™ 45' stage	<b>11:00</b> HYROX 60' the gym/stage/row	<b>11:00</b> Les Mills PILATES™ 45' stage	<b>11:00</b> Purneri 45' stage	<b>11:00</b> Les Mills PILATES™ 45' stage	
					<b>12:00</b> Les Mills SPRINT™ 30' drive	
<b>16:45</b> Les Mills Strength Development™ 45' stage	<b>16:45</b> Les Mills PILATES™ 45' soul	<b>17:00</b> Purneri 45' stage	<b>16:45</b> Les Mills FUNCTIONAL STRENGTH™ 45' stage	<b>16:45</b> Les Mills BODYPUMP® 60' stage		
<b>17:40</b> HYROX 60' row/gym	<b>17:40</b> Les Mills SPRINT™ 30' drive	<b>17:55</b> Spin Basic 45' drive	<b>17:40</b> Les Mills SHAPES™ 45' stage	<b>17:55</b> Yin Yoga 60' soul		<b>17:30</b> Les Mills FUNCTIONAL STRENGTH™ 45' stage
<b>17:40</b> Power Yoga 60' stage	<b>18:30</b> Äijä Yoga 60' soul		<b>18:30</b> Les Mills BODYCOMBAT® 60' stage			<b>18:30</b> Les Mills BODYBALANCE® 60' stage
<b>18:45</b> Les Mills BODYSTEP® 60' stage		<b>19:00</b> HYROX 60' stage/row/gym				

Pidätämme oikeuden  
muutoksiin

