

## OHJATUT TUNNIT 1.6.-30.8.2026

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
<b>11:00</b> LES MILLS PILATES™ 45' stage	<b>11:00</b> LES MILLS CEREMONY HYROX™ 60' stage	<b>11:00</b> Purneri 45' stage	<b>11:00</b> Cross Basic 60' gym	<b>11:00</b> LES MILLS CORE™ 30' stage		
				<b>11:40</b> Fascia Method 30' stage		
<b>17:00</b> Purneri 45' stage	<b>17:00</b> LES MILLS CORE™ 30' stage	<b>17:00</b> BARRE 60' stage	<b>17:00</b> HYROX RUN 60' vaihtuva paikka	<b>17:00</b> HYROX 90' stage/gym		
<b>17:55</b> LES MILLS BODYPUMP HEAVY™ 60' stage	<b>17:45</b> LES MILLS SPRINT™ 30' drive	<b>17:15</b> Spin Basic 45' drive	<b>17:00</b> LES MILLS SHAPES™ 45' stage	<b>18:00</b> Yin Yoga 60' soul		<b>17:30</b> LES MILLS CEREMONY HYROX™ 60' stage
<b>19:00</b> HYROX 60' stage/gym/Keskuskenttä	<b>18:00</b> LES MILLS BODYSTEP® 60' stage	<b>18:10</b> LES MILLS BODYPUMP® 45' stage	<b>18:00</b> LES MILLS BODYCOMBAT® 60' stage			<b>18:40</b> LES MILLS YOGA™ 45' stage
		<b>19:05</b> Fascia Method 45' stage				