

KEVÄÄN OHJATUT TUNNIT 8.1.-2.6.2024

MAANANTAI	TIISTAI	KESKIVIIKKO	TORSTAI	PERJANTAI	LAUANTA	SUNNUNTAI
	11:00 Les Mills SHAPES™ 45' stage	11:00 HYROX Start 60' stage/row/the gym	11:00 Purneri 45' stage	11:00 SKILLROW Class 30' row	10:00 HYROX Start 60' stage/row/the gym	
				11:40 Les Mills BODYPUMP® 30' stage	11:15 Les Mills SPRINT™ 30' drive	
16:45 HYROX Start 60' stage/row/the gym	16:45 Les Mills Strength Development™ 45' stage	16:45 Les Mills BODYPUMP® 60' stage		16:45 Les Mills SHAPES™ 45' stage		
17:55 Les Mills SPRINT™ 30' drive	17:40 Purneri 45' stage	17:20 SKILLROW Class 30' row	17:30 Les Mills BODYSTEP® 60' stage	17:40 Yin Yoga 60' soul		17:30 Les Mills BODYPUMP® 60' stage
18:30 Air Yoga 60' soul	18:30 Les Mills BODYCOMBAT® 60' stage	18:00 Les Mills BODYBALANCE® 60' soul	17:45 Spin Basic 45' drive			18:35 Les Mills BODYBALANCE® 60' stage
19:10 Les Mills DANCE® 45' stage	18:30 Äijä Yoga 60' soul	19:10 HYROX Blaze 60' row/the gym	18:40 Les Mills CORE™ 30' stage			
	19:40 Fascia Method 45' soul		19:20 M-Circuit® RECOVERY 30' stage			