

OHJATUT TUNNIT 12.1.-31.5.2026

Maanantai Tiistai Keskiviikko Torstai Perjantai Lauantai Sunnuntai

11:00 Purneri 45' stage	11:00 LES MILLS CEREMONY™ 45' stage	11:00 LES MILLS BODYSTEP® 30' stage	11:00 LES MILLS CORE™ 30' stage	11:00 LES MILLS SHAPES™ 45' stage	11:00 LES MILLS CEREMONY™ 45' stage	11:00 HYROX 60' stage/gym
		11:40 LES MILLS YOGA™ Yin 30' stage	11:40 LES MILLS YOGA™ Hatha 30' stage		11:55 LES MILLS YOGA™ Hatha 45' stage	
17:45 LES MILLS CEREMONY™ 45' stage	16:45 HYROX 60' gym/stage	16:45 Barre 60' stage	16:45 HYROX Run 60' vaihtuva paikka	16:45 Aerial Strength to Serenity 60' soul		17:00 LES MILLS PILATES™ 45' stage
17:45 Spin Basic 45' drive	17:55 LES MILLS BODYCOMBAT® 60' stage	18:00 LES MILLS SPRINT™ 30' drive	17:50 LES MILLS BODYPUMP HEAVY™ 60' stage	16:45 LES MILLS BODYSTEP® 60' stage		17:55 LES MILLS BODYPUMP® 60' stage
18:40 LES MILLS CORE™ 30' stage	19:00 LES MILLS SHAPES™ 45' stage	18:00 Pienryhmävalmennus HYROX Race Ready 90' gym/stage	19:00 LES MILLS CEREMONY™ 45' stage	18:00 Yin Yoga 60' soul		19:00 LES MILLS YOGA™ Yin 45' stage
19:15 Fascia Method 45' stage		19:15 HYROX 60' gym/stage		18:00 HYROX 60' gym/stage		

Ole.Fit

VARKAUS