

KESÄN OHJATUT TUNNIT 26.5.-31.8.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
11:00 LES MILLS PILATES™ 45' stage	11:00 LES MILLS SHAPES™ 45' stage	11:00 LES MILLS CEREMONY™ 45' stage	11:00 HYROX 60' stage/gym/row	11:00 Purneri 45' stage	11:00 HYROX 60' stage/gym/row	
17:00 LES MILLS CEREMONY™ 45' stage	17:00 LES MILLS BODYSTEP® 60' stage	16:45 HYROX 60' stage/gym/row	17:00 LES MILLS PILATES™ 45' stage			
18:00 LES MILLS CORE™ 30' stage	18:10 LES MILLS BODYPUMP® 45' stage	17:55 Barre 60' stage	18:00 LES MILLS BODYCOMBAT® 60' stage	17:30 LES MILLS CEREMONY™ 45' stage	17:30 LES MILLS BODYPUMP® 60' stage	
18:40 Spin Basic 45' drive	19:00 LES MILLS BODYBALANCE® 60' stage	19:00 LES MILLS SPRINT™ 30' drive		18:30 Yin Yoga 60' soul	18:40 LES MILLS BODYBALANCE® 60' stage	

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