

OHJATTUJEN TUNTIENTEN AIKATAULU 4.9. – 17.12.2023

11:00 Ole.Fighter 60' stage	11:00 Purneri 45' stage	11:00 HYROX Start 60' the gym/stage/row		11:00 SKILLROW Class 30' row	11:00 HYROX Start 60' the gym/stage/row	
				11:40 Les Mills BODYPUMP® 30' stage	12:15 HYROX Blaze 60' the gym/stage/row	
16:45 HYROX Start 60' the gym/stage/row	16:45 Les Mills BODYPUMP® 60' stage	16:45 Les Mills CORE™ 30' stage	17:10 Les Mills Strength Development™ 45' stage			
18:00 Les Mills BODYCOMBAT® 60' stage	17:55 Les Mills BODYSTEP® 60' stage	17:15 Purneri 45' stage	18:05 Spin Basic 30' drive	16:45 Les Mills CORE™ 30' stage		17:30 Les Mills Strength Development™ 45' stage
19:05 Les Mills BODYJAM® 45' stage	18:00 Les Mills SPRINT™ 30' drive	18:10 Fascia Method 45' soul	18:45 SKILLROW Class 30' row	17:25 Les Mills SPRINT™ 30' drive		18:30 Les Mills BODYBALANCE® 60' stage
19:10 Spin Basic 45' drive	18:45 Äijä Yoga 60' soul	19:10 Air Yoga 60' soul	19:25 M-Circuit® RECOVERY 30' soul	17:30 Yin Yoga 90' soul		
	19:10 HYROX Blaze 60' the gym/stage/row		19:30 Ole.Fighter 60' stage			



Käytössäsi lisäksi virtuaalitunnit studioissa stage, drive ja soul 24/7

