

SYKSYN OHJATUT TUNNIT 1.9.-21.12.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
11:00 LES MILLS SHAPES™ 45' stage	11:00 LES MILLS CEREMONY™ 45' stage	11:00 Purneri 45' stage	11:00 HYROX 60' stage/gym	11:00 LES MILLS PILATES™ 45' stage	11:00 LES MILLS CORE™ 30' stage	11:00 HYROX 60' stage/gym
					11:40 LES MILLS SPRINT™ 30' drive	
17:00 Purneri 45' stage	16:45 LES MILLS CORE™ 30' stage	17:00 HYROX 60' stage/gym		16:45 LES MILLS BODYSTEP® 60' stage		16:30 LES MILLS CEREMONY™ 45' stage
17:55 LES MILLS BODYCOMBAT® 60' stage	17:25 Spin Basic 45' drive	18:10 Barre 60' stage	18:00 LES MILLS CEREMONY™ 45' stage	18:00 HYROX 60' stage/gym		17:30 LES MILLS BODYPUMP® 60' stage
19:10 LES MILLS PILATES™ 45' stage	18:20 HYROX 60' stage/gym	19:15 LES MILLS BODYPUMP® 45' stage	19:00 LES MILLS SHAPES™ 45' stage	18:00 Yin Yoga 60' soul		18:40 LES MILLS BODYBALANCE® 60' stage
	19:30 LES MILLS BODYBALANCE® 60' stage					

HYROX
TRAINING
CLUB

Ole.Fit
VARKAUS