

SYKSYN OHJATUT TUNNIT 7.9.-20.12.2026

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
11:00 Cross Basic 60' gym	11:00 CEREMONY HYROX™ 45' stage	11:00 Purneri 45' stage	11:00 LES MILLS CORE™/ PILATES™ 45' stage	11:00 Barre 60' stage	11:00 HYROX 60' stage/gym	
16:45 HYROX 60' stage/gym	16:45 LES MILLS CORE™ 30' stage	16:45 Barre 60' stage		16:45 LES MILLS PILATES 45' stage		
17:55 LES MILLS BODYPUMP® 60' stage	17:25 LES MILLS BODYSTEP® 60' stage	17:55 LES MILLS BODYCOMBAT® 60' stage	17:55 CEREMONY HYROX™ 45' stage	17:40 HYROX 60' stage/gym		17:35 CEREMONY HYROX MAX™ 45' stage
19:05 LES MILLS SHAPES™ 45' stage	17:30 LES MILLS SPRINT™ 30' drive	19:05 LES MILLS BODYPUMP HEAVY™ 45' stage	17:55 Spin Basic 45' drive	18:00 Yin Yoga 60' soul		18:30 LES MILLS BODYBALANCE® 60' stage
	18:35 CEREMONY HYROX MAX™ 45' stage	19:05 LES MILLS BODYBALANCE® 45' soul	18:50 Purneri 45' stage			
	18:35 FasciaMethod 45' soul					

LES MILLS

HYROX
TRAINING
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*Be the best
version of yourself*