

Kuralan tuntikalenteri 4.8.-14.12.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
HYROX Foundational Anita 🕒 9:30 🏃 45 min	Bike Anu 🕒 7:00 🏃 45 min	Bike Timo 🕒 6:30 🏃 30 min	Bike Core Anita 🕒 10:00 🏃 60 min	Bike Interval Timo 🕒 7:30 🏃 30 min	Bike Free Vaihtuva 🕒 9:00 🏃 60 min	Bike Interval Elina 🕒 10:00 🏃 45 min
Pilates Emmi 🕒 16:15 🏃 60 min	Bike Interval Nicole 🕒 11:00 🏃 45 min	TRX Core Timo 🕒 7:00 🏃 30 min	Functional Circuit Heta 🕒 17:00 🏃 45 min	HYROX Power Timo 🕒 8:00 🏃 30 min	Mobility Vaihtuva 🕒 10:00 🏃 30 min	Total Body Elina 🕒 11:00 🏃 60 min
Latin Dance Emmi 🕒 17:15 🏃 45 min	Lava Party Nicole 🕒 12:00 🏃 45 min	HYROX Power Anki 🕒 10:00 🏃 45 min	Bike Interval Tanja 🕒 18:00 🏃 45 min	Functional Circuit Pia 🕒 10:00 🏃 60 min	Total Body Vaihtuva 🕒 10:30 🏃 45 min	Barre Anki 🕒 17:15 🏃 60 min
Bike Interval Marika 🕒 18:00 🏃 45 min	HYROX Engine Nicole 🕒 16:45 🏃 45 min	Barre Anki 🕒 10:45 🏃 60 min		Bike Sandra 🕒 16:30 🏃 45 min	HYROX Engine Vaihtuva 🕒 11:15 🏃 45 min	HYROX Complete Anki 🕒 18:15 🏃 60 min
HYROX Foundational Pia 🕒 18:30 🏃 45 min	Bike Sofia 🕒 17:00 🏃 45 min	Pilates Riitta 🕒 17:00 🏃 60 min		Barre Sandra 🕒 17:15 🏃 60 min		
Total Body Marika 🕒 19:00 🏃 60 min	HYROX Power Nicole 🕒 17:30 🏃 45 min	Dance Groove Riitta 🕒 18:00 🏃 45 min				
	Mobility Sofia 🕒 17:45 🏃 30 min	HYROX Foundational Janette 🕒 18:15 🏃 45 min				
	Total Pilates Sofia 🕒 18:15 🏃 45 min	Mobility & Relax Janette 🕒 19:00 🏃 45 min				

Katso tuntien lisätiedot ja
varaa paikkasi tunneille

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