

Impivaaran tuntikalenteri 4.8.-14.12.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
Functional Circuit Jonna 9:30 45 min	Vinyasa Flow Yoga Sari 10:00 60 min	Total Body Anu 10:00 45 min	HYROX Engine Samuli 10:00 45 min	Mobility Marika 10:00 30 min	HYROX Power Vaihtuva 11:00 45 min	HYROX Foundational Nicole 16:45 60 min
Gentle Flow Yoga Jonna 10:30 60 min	Yin Yoga Sari 11:00 60 min	Functional Core Anu 10:45 30 min	Vinyasa Flow Yoga Jonna 11:00 60 min	Total Miniband Marika 10:30 45 min	Total Gym Body Vaihtuva 11:45 45 min	
HYROX Complete Anita 17:00 60 min	Total Body Sami 16:45 45 min	HYROX Power Samuel 17:00 45 min	Pilates Mira 16:45 60 min	Asthanga Yoga Sari 16:00 60 min		
Total Gym alavartalo Katarina 18:00 45 min	Party Sandra 17:45 45 min	Recharge Samuel 18:00 60 min	HYROX Foundational Nicole 17:15 45 min	Total Gym Body Anu 16:30 45 min		
Mobility FasciaMethod Anita 18:15 45 min	Total Pilates Sandra 18:30 60 min		Yin Yoga Mira (alkaa 18.8.) 17:45 60 min	Gentle Flow Yoga Sari 17:00 60 min		
HYROX Engine Katarina 18:45 45 min	HYROX Foundational Elina 18:45 45 min		Total Gym ylävartalo Nicole 18:00 30 min	HYROX Engine Anu 17:30 45 min		
Äänimaljat Anita 19:00 45 min			Party Nicole 18:45 45 min			

Katso tuntien
lisätiedot ja varaa
paikkasi tunneille

mentorgym.fi/tuntikalenteri

