

Hirvensalon tuntikalenteri 4.8.-14.12.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
Total Body Sara 🕒 10:00 🏃 60 min	Bike Core Timo 🕒 7:00 🏃 45 min	Power Circuit Özgür 🕒 10:00 🏃 45 min	Crosscardio Circuit Timo 🕒 7:00 🏃 45 min	Crosscardio Circuit Sara 🕒 10:00 🏃 60 min	Party Elisa 🕒 10:00 🏃 45 min	Crosscardio Circuit Sofia 🕒 11:00 🏃 45 min
Bike Interval Noora V. 🕒 17:30 🏃 45 min	Dance Groove Riitta 🕒 10:00 🏃 45 min	Mobility Özgür 🕒 10:45 🏃 30 min	Total Body Timo 🕒 17:30 🏃 60 min	Bike Interval Marketta 🕒 17:00 🏃 60 min	Total Body Elisa 🕒 11:00 🏃 60 min	Total Pilates Sofia 🕒 11:45 🏃 60 min
Total Body ylävartalo Heta 🕒 18:15 🏃 30 min	Pilates Riitta 🕒 10:45 🏃 60 min	Mobility Johanna U. 🕒 17:00 🏃 30 min	Barre Pia 🕒 18:30 🏃 60 min	Functional Circuit Marketta 🕒 18:15 🏃 45 min		
Mobility Heta 🕒 18:45 🏃 30 min	Barre Elisa 🕒 17:15 🏃 60 min	Crosscardio Circuit Timo 🕒 17:15 🏃 45 min	Mobility Pia 🕒 19:30 🏃 30 min			
Total Body Heta 🕒 19:15 🏃 45 min	Total Body alavartalo Elisa 🕒 18:30 🏃 45 min	Total Body Johanna U. 🕒 17:30 🏃 60 min				
		Bike Free Timo 🕒 18:15 🏃 45 min				
		Functional Circuit Timo 🕒 19:00 🏃 45 min				

Katso tuntien lisätiedot ja
varaa paikkasi tunneille

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