

Kurallan tuntikalenteri 4.8.-14.12.2025

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
HYROX Foundational Anita 10:00 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	HYROX Engine Yasmin 18:15 45 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	HYROX Engine Yasmin 16:15 45 min		Barre Sandra 17:15 60 min		
Total Body Marika 19:00 60 min	HYROX Power Nicole 17:30 45 min	Pilates Riitta 17:00 60 min				
	Mobility Sofia 17:45 30 min	Dance Groove Riitta 18:00 45 min				
	Total Pilates Sofia 18:15 45 min	HYROX Foundational Janette 18:15 45 min				
		Mobility & Relax Janette 19:00 45 min				

Katso tuntien lisätiedot ja
varaa paikkasi tunneille
mentorgym.fi/tuntikalenteri

