

Impivaaran tuntikalenteri 2.1.-5.4.2026

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
Functional Circuit Jonna 9:30 45 min	Vinyasa Flow Yoga Sari 10:00 60 min	Bike Johanna M. 7:00 45 min	HYROX Engine Janette 10:00 60 min	HYROX Power Katarina 7:00 45 min	HYROX Foundational Katarina & Elina 10:00 45 min	HYROX Foundational Nicole 16:45 60 min
Gentle Flow Yoga Jonna 10:00 60 min	Yin Yoga Sari 11:00 60 min	Total Body Pia 10:00 60 min	HYROX Power Pia 16:00 45 min	Bike Interval Marika 9:00 30 min	HYROX Power Katarina & Elina 11:00 45 min	
HYROX Complete Anita 17:00 60 min	Total Body Noora 16:45 45 min	HYROX Power Timo 16:30 45 min	Mentor Beat Nicole 16:30 45 min	Mobility Marika 9:30 30 min	Total Body Katarina & Elina 12:00 45 min	
Bike Free Johanna M. 17:45 60 min	Mentor Beat Sandra 17:45 45 min	Bike Katarina 17:00 45 min	Bike Free Veera 16:45 45 min	Total Miniband Marika 10:00 45 min		
Total Gym RVP Veera 18:00 60 min	Bike Interval Noora V. 18:00 45 min	Gentle Flow Yoga Natalie 17:45 60 min	Pilates Mira 17:15 60 min	Asthanga Yoga Sari 16:15 60 min		
Mobility FasciaMethod Anita 18:15 45 min	Total Pilates Sandra 18:30 60 min	HYROX Engine Katarina 18:00 60 min	Total Gym ylävartalo Nicole 17:30 30 min	Total Gym Body Sofia & Pia 16:30 60 min		
HYROX Engine Johanna M. 19:00 45 min	HYROX Foundational Elina 18:45 60 min	Pilates Flow Katarina 19:15 60 min	HYROX Foundational Nicole 18:00 60 min	Gentle Flow Yoga Sari 17:15 60 min		
Äänimaljat Anita 19:00 45 min			Yin Yoga Mira 18:15 60 min	HYROX Power Sofia & Pia 17:30 60 min		

Katso tuntien
lisätiedot ja varaa
paikkasi tunneille

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