

Hirvensalon tuntikalenteri 2.1.-5.4.2026

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
Total Body Sara 10:00 60 min	Bike Core Timo 7:00 45 min	HYROX Power Özgur 10:00 45 min	HYROX Foundational Timo 7:00 45 min	HYROX Foundational Sara 10:00 60 min	HYROX Engine Özgur 10:00 45 min	HYROX Foundational Sofia 10:45 45 min
Bike Interval Noora V. 17:30 45 min	Dance Groove Riitta 10:00 45 min	Mobility Özgur 11:00 30 min	Vinyasa Flow Yoga Jonna 10:30 60 min	Bike Interval Marketta 17:00 45 min	Total Body Özgur 11:00 60 min	Total Pilates Sofia 11:45 60 min
Total Body ylävartalo Katarina 18:15 30 min	Pilates Riitta 10:45 60 min	HYROX Engine Sara 17:15 45 min	HYROX Foundational Marketta 17:30 60 min			
Mobility Katarina 18:45 30 min	Barre Pia 17:30 60 min	Total Body Sara 18:15 60 min	Mentor Beat Elisa 17:45 45 min			
Total Body Katarina 19:30 60 min	HYROX Power Johanna U. 17:45 60 min	Gentle Flow Yoga Sani 19:15 60 min	Bike Marketta 18:30 45 min			
	Functional Circuit Johanna U. 18:45 45 min		Total Body RVP Elisa 18:45 45 min			

Katso tuntien
lisätiedot ja varaa
paikkasi tunneille

mentorgym.fi/tuntikalenteri

