

KURALAN
SYYSKALENTERI 2026

MENTOR
Gym

Tilat:

HYROX Studio

Mentor Studio

Mentor Bike

Mentor Strength

MA	TI	KE	TO	PE	LA	SU
10:00-10:45 HYROX Foundational Anita	7:00-7:45 Bike Anu	6:30-7:15 Bike Kati	10:00-10:30 Bike Anita	7:30-8:00 Bike Interval Timo	9:00-10:00 Bike Free Janette / Noora	10:00-10:45 Bike Johanna M.
15:00-15:45 HYROX Power Timo	9:30-10:00 Mobility Marika	7:15-8:00 TRX Timo	10:30-11:00 Core Anita	8:00-8:30 HYROX Power Timo	10:00-10:30 Mobility Janette / Noora	11:00-12:00 Total Body Jenni
16:00-16:45 Barre Pia	10:00-10:45 Total Body Marika	8:30-9:30 Total Body Extreme Joni	11:00-12:00 HYROX Complete Lauri	10:00-10:45 HYROX Foundational Janette	10:30-11:30 Total Body Extreme Samuli / Timo	17:00-18:00 Barre Anki
16:45-17:45 Pilates Emmi	16:30-17:15 Functional Circuit Jonna S.	10:00-11:00 HYROX Power Anki	16:45-17:30 HYROX Engine Samuli	16:30-17:15 Total Body Sandra	11:45-12:30 HYROX Engine Samuli / Timo	18:15-19:15 HYROX Complete Anki
17:00-18:00 HYROX Foundational Pia	16:45-17:30 HYROX Foundational Tanja A.	11:00-11:45 Pilates Flow Anki	17:00-18:00 Functional Circuit Heta	17:30-18:30 Barre Sandra	12:30-13:30 HYROX Foundational Samuli / Timo	
17:45-18:30 Latin Dance Emmi	17:30-18:30 Total Pilates Sanni	12:15-13:15 Total Gym Mama Emilia	18:00-18:45 Bike Interval Tanja M.	18:30-19:15 Mentor Beat Sandra		
18:00-18:45 Bike Interval Marika	17:45-18:30 Bike Veera	17:00-18:00 Pilates Riitta	18:15-19:15 Total Pilates Heta			
19:00-20:00 Total Body Marika	17:15-18:00 Bike Interval Timo	17:15-18:00 Bike Interval Timo	19:00-20:00 HYROX Foundational Tanja M.			
19:15-20:00 HYROX Engine Tanja A	17:45-18:45 HYROX Complete Janette	18:00-18:45 Dance Groove Riitta	20:00-20:30 Mobility Tanja M.			
	18:30-19:00 Mobility Sanni	19:00-19:45 Mobility & Relax Janette				
	19:00-20:00 HYROX Power Veera	18:00-18:45 Dance Groove Riitta				
	19:15-20:15 Total Body Artturi	19:00-19:45 Mobility & Relax Janette				
		19:15-20:00 HYROX Power Timo				

Mentor Gym Kurala,
Kuralankatu 2, 20540 Turku.
Ajantasaisen kalenterin näet
aina Go Active! -sovelluksesta.
Tervetuloa treenaamaan!