

HIRVENSALON SYYSKALENTERI 2026

Tilat: Mentor Studio Mentor Field Mentor Bike

MA	TI	KE	TO	PE	LA	SU
9:30-10:15 Total Body Artturi 17:15-18:15 Total Body Katarina 17:30-18:15 Bike Interval Noora 18:30-19:00 Total Body Ylävartalo Katarina 19:00-19:30 Mobility Katarina	7:00-7:45 Bike Core Timo 10:00-10:45 Dance Groove Riitta 10:45-11:45 Pilates Riitta 16:45-17:30 Pilates Jonna 17:30-18:30 Barre Pia 17:45-18:30 HYROX Engine Roosa 18:30-19:30 Gentle Flow Yoga Jonna N. 19:00-20:00 HYROX Foundational Roosa	10:00-10:45 HYROX Power Özgur 11:00-11:30 Mobility Özgur 17:15-18:00 HYROX Foundational Johanna U. 18:15-19:00 Total Body Johanna U. 18:30-19:15 Bike Marketta 19:30-20:15 Functional Circuit Marketta	7:00-7:45 HYROX Foundational Timo 17:15-18:00 Total Pilates Elisa 18:00-18:45 Mentor Beat Elisa 18:45-19:15 Functional Core Elisa 19:30-20:15 Total Body RVP Elisa	10:00-11:00 HYROX Foundational Lauri 17:00-17:45 Bike Interval Marketta 18:00-19:00 HYROX Power Marketta	10:00-10:45 HYROX Engine Özgur 11:00-12:00 Total Body Özgur	10:45-11:30 Bike Interval Elina 11:45-12:45 HYROX Power Elina

Mentor Gym Hirvensalo,
Meritalontie 2, 20900 Turku.
Ajantasaisen kalenterin näet
aina Go Active! -sovelluksesta.
Tervetuloa treenaamaan!