



STAGE

5.8.-1.9.2024

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
	10:45 BODYCOMBAT® 60				11:05 LES MILLS SHAPES™ 45	11:15 BODYPUMP® 60
11:00 BODYPUMP® 60					12:00 BODYPUMP® 60	
				15:45 BODYPUMP® 45		
16:25 BODYCOMBAT® 60	16:30 BODYPUMP® 60	16:30 BODYATTACK® 45		16:40 BODYATTACK® 60		
17:35 BODYPUMP® 60	17:45 BODYATTACK® 45	17:30 BODYPUMP® 60	17:15 LES MILLS SHAPES™ 45			17:05 BODYCOMBAT® 60
	18:45 LES MILLS SHAPES™ 45		18:10 BODYCOMBAT® 60			

FUNCTIONAL STUDIO

		10:40 LES MILLS CORE™ 45				10:30 GRIT® STRENGTH 30	
	16:10 GRIT® STRENGTH 30	16:20 LES MILLS CORE™ 30				16:20 GRIT® ATHLETIC 30	
17:10 GRIT® CARDIO 30	16:50 LES MILLS CORE™ 45	17:00 YKSITYISVARAUS	16:50 Upper Body 30	16:45 Functional Fitness 45		17:00 LES MILLS CORE™ 45	
17:55 Functional Fitness 45	17:50 Upper body 30	18:10 BODYJAM® 60	17:30 GRIT® STRENGTH 30				
	18:30 AirYoga 60	19:15 Functional Fitness 45					

TRIP STUDIO

7:45 THE TRIP® 40 VIRTUAL	7:15 THE TRIP® 40 VIRTUAL	8:00 THE TRIP® 40 VIRTUAL	7:30 THE TRIP® 40 VIRTUAL	7:30 THE TRIP®			
10:00 THE TRIP® 40 VIRTUAL	9:45 THE TRIP® 40 VIRTUAL	10:30 THE TRIP® 40 VIRTUAL		9:30 THE TRIP® 40 VIRTUAL	9:00 THE TRIP® 40 VIRTUAL	9:00 THE TRIP® 40 VIRTUAL	
11:00 THE TRIP® 40 VIRTUAL		11:40 THE TRIP® 40	11:15 THE TRIP® 40 VIRTUAL	10:50 YKSITYISVARAUS	10:05 THE TRIP® 40	10:15 THE TRIP® 40	
				11:45 THE TRIP®	11:00 RPM® 45	11:15 THE TRIP® 40 VIRTUAL	
					12:00 THE TRIP® 40		
					13:00 THE TRIP® 40 VIRTUAL		
15:15 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL		15:00 THE TRIP® 40 VIRTUAL	
16:20 THE TRIP® 40	16:00 THE TRIP® 40 VIRTUAL	16:00 THE TRIP® 40 VIRTUAL	16:00 THE TRIP® 40	16:45 THE TRIP® 40 VIRTUAL	16:00 THE TRIP® 40 VIRTUAL	16:10 THE TRIP® 40	
17:10 RPM® 45	17:00 SPRINT™ 30	17:00 THE TRIP® 40	17:30 SPRINT™ 30	17:50 THE TRIP® 40		17:00 THE TRIP® 40 VIRTUAL	
18:05 SPRINT™ 30	17:40 THE TRIP® 40	17:50 RPM® 45	18:15 THE TRIP® 40	18:45 THE TRIP® 40 VIRTUAL		18:00 THE TRIP® 40 VIRTUAL	
18:50 THE TRIP® 40	18:30 THE TRIP® 40	18:45 THE TRIP® 40 VIRTUAL	19:05 RPM® 45 VIRTUAL				
19:45 THE TRIP® 40 VIRTUAL	19:20 RPM® 45 VIRTUAL	19:40 THE TRIP® 40 VIRTUAL					

HOT STUDIO

		7:15 BODYBALANCE® 60					
		9:30 HotYoga60					
				10:30 HotFlowYoga 60	10:10 HotPilates 60		
					11:15 BODYBALANCE® 60	11:30 HotFlowYoga 75	
16:40 HotFlowYoga 60	17:00 HotFlowYoga 75	17:25 BODYBALANCE® 45	17:00 FlowYoga 60 (ei lämmitystä)	17:00 HotYinYoga 60			
17:50 HotPilates 45	18:35 BODYBALANCE® 60	18:15 HotFlowYoga 60	18:10 HotYinYoga 60			18:15 HotYinYoga 90	
18:45 HotStretching 30	19:40 HotYinYoga 60						