

2.9.-31.12.2024



STAGE

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
		8:30 YKSITYISVARAUS				
	10:45 BODYCOMBAT® 60					
11:00 BODYPUMP® 60					11:15 LES MILLS SHAPES™ 45	11:10 BODYPUMP® 60
					12:10 BODYPUMP® 60	12:20 BODYATTACK® 60
				15:45 BODYPUMP® 45		
16:30 BODYCOMBAT® 60	16:30 BODYPUMP® 60	16:45 BODYATTACK® 45		16:40 BODYATTACK® 60		
17:40 BODYPUMP® 60	17:45 BODYATTACK® 45	17:45 BODYPUMP® 60	17:00 LES MILLS SHAPES™ 45			17:05 BODYCOMBAT® 60
18:50 BODYJAM® 60	18:40 LES MILLS SHAPES™ 45		18:00 BODYCOMBAT® 60			
			19:10 BODYPUMP® 60			

FUNCTIONAL STUDIO

			10:40 LES MILLS CORE™ 45				10:35 GRIT® STRENGTH 30		
								13:30 AirYoga 60	
16:20 LES MILLS SHAPES™ 45	16:10 GRIT® CARDIO 30	16:20 LES MILLS CORE™ 30	16:50 Upper body 30	16:50 Functional Fitness 45				16:20 GRIT® ATHLETIC 30	
17:15 Functional Fitness 45	16:50 LES MILLS CORE™ 45	17:00 YKSITYISVARAUS	17:30 GRIT® STRENGTH 30					17:00 LES MILLS CORE™ 45	
18:10 GRIT® STRENGTH 30	17:50 Upper body 30	18:05 Super booty 30	18:10 BODYJAM® 60						
18:55 Super booty 30	18:30 AirYoga 60	18:45 Functional Fitness 45							

TRIP STUDIO

7:45 THE TRIP® 40 VIRTUAL	7:15 THE TRIP® 40 VIRTUAL	7:30 THE TRIP®		8:30 THE TRIP® 40 VIRTUAL	7:30 THE TRIP®				
	9:45 THE TRIP® 40 VIRTUAL	9:30 RPM® 45 VIRTUAL	9:45 THE TRIP® 40	9:30 THE TRIP® 40 VIRTUAL	9:45 THE TRIP® 40	9:00 THE TRIP® 40 VIRTUAL			
10:00 THE TRIP® 40 VIRTUAL		10:30 THE TRIP® 40 VIRTUAL		10:50 YKSITYISVARAUS	10:45 RPM® 45	10:15 THE TRIP® 40			
11:10 THE TRIP® 40 VIRTUAL	11:00 THE TRIP® 40 VIRTUAL	11:40 THE TRIP® 40	11:30 THE TRIP® 40 VIRTUAL	11:45 THE TRIP® 40	11:40 SPRINT™ 30				
12:15 THE TRIP® 40 VIRTUAL	12:00 THE TRIP® 40 VIRTUAL				12:20 THE TRIP® 40				
					13:20 THE TRIP® 40 VIRTUAL				
					14:50 THE TRIP® 40 VIRTUAL				
15:15 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL	15:00 RPM® 45 VIRTUAL		16:00 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	16:10 THE TRIP® 40		16:10 THE TRIP® 40			
17:10 RPM® 45	17:00 SPRINT™ 30	17:00 THE TRIP® 40	17:15 SPRINT™ 30	17:50 THE TRIP® 40		17:00 THE TRIP® 40 VIRTUAL			
18:05 SPRINT™ 30	17:40 THE TRIP® 40	17:55 RPM® 45	18:15 THE TRIP® 40	18:45 THE TRIP® 40 VIRTUAL		18:00 RPM® 45 VIRTUAL			
18:50 THE TRIP® 40	18:30 THE TRIP® 40	18:55 THE TRIP® 40	19:10 THE TRIP® 40 VIRTUAL						
19:45 YKSITYISVARAUS	19:30 THE TRIP® 40 VIRTUAL	19:50 THE TRIP® 40 VIRTUAL							

HOT STUDIO

				7:30 Morning Yoga 45					
								11:30 HotFlowYoga 90	
					10:30 HotFlowYoga 60	10:10 HotPilates 60			
				10:40 HotPilates 45		11:15 BODYBALANCE® 60			
16:50 HotPowerYoga 60	17:00 HotFlowYoga 75	17:40 BODYBALANCE® 45	17:00 BODYBALANCE®	17:00 HotStretching 45				17:00 HotPilates 60	
18:00 HotPilates 45	18:35 BODYBALANCE® 60	18:30 HotFlowYoga 60	18:10 HotPilates 60					18:15 HotYinYoga 90	
18:50 HotStretching 30	19:40 HotYinYoga 60	19:35 HotYinYoga 60	19:15 HotFlowYoga 60						