

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	
					12:10	BODYPUMP® 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
18:50	BODYJAM® 60	18:40	LES MILLS SHAPES™ 45	18:00	BODYCOMBAT® 60	17:05	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®			7:30	THE TRIP®			
						8:30	THE TRIP® 40 VIRTUAL					
		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	
10:00	THE TRIP® 40 VIRTUAL			10:30	THE TRIP® 40 VIRTUAL			10:50	YKSITYISVARAUS	10:45	RPM® 45	
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						
			9:30	HotFlowYoga 60						11:30	HotFlowYoga 90	
					10:40	HotPilates 45	10:30	HotFlowYoga 60	10:10	HotPilates 60		
									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	Pilates 60 (Iman lämmitysä)
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					