

Ohjatut tunnit kesä 2026

Ole.Fit
VALLILA

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
	07:00 HYROX Engine 60'		07:00 HYROX Strength 60'			
11:30 HYROX Foundational 60'	17:00 HYROX Run 60'	11:00 HYROX Engine 60'	11:30 HYROX Power 60'		10:00 HYROX Engine 60'	
16:40 HYROX Engine 60'	17:10 HYROX Strength 60'	16:40 HYROX Power 60'	16:20 HYROX Foundational 60'	16:30 HYROX Strength 60'	11:10 HYROX Foundational 60'	
17:50 HYROX Power 60'	18:20 Core & Mobility 30'	17:50 HYROX Foundational 60'	18:40 HYROX Engine 60'	17:10 HYROX Power 60'		17:30 HYROX Power 60'
	19:00 HYROX Foundational 60'	19:00 HYROX Strength 60'				18:40 HYROX Foundational 60'