

KESÄ 14.7.-31.8.2025

MAANANTAI	TIISTAI	KESKIVIikko	TORSTAI	PERJANTAI	LAUANTAI	SUNNUNTAI
	7:00 HYROX		7:00 HYROX			
		11:15 HYROX	11:30 HYROX		10:15 HYROX	
				16:15 LES MILLS FUNCTIONAL STRENGTH™		16:00 LES MILLS PILATES™
17:30 HYROX 60'	17:40 HYROX	17:15 HYROX		17:10 HYROX		17:00 HYROX
17:35 LES MILLS BODYCOMBAT®	17:45 LES MILLS BODYPUMP®	18:25 LES MILLS SHAPES™	18:00 LES MILLS CEREMONY™			18:10 HYROX
18:40 LES MILLS BODYBALANCE™	18:45 HYROX LES MILLS		19:00 HYROX			
18:40 HYROX	18:55 LES MILLS PILATES™					

Ole.Fit
VALLILA