



## - CITY

57 tuntia

### MAANANTAI 11 TORSTAI 10

10.15		LES MILLS SHAPES 45 + VEN 15	10.15		BODYATTACK 55
11.30		REFORM YOUR BODY 50 €	11.30		KUNTORYHMÄ 55 (60+) ☾ 60+
16.00		BODYSTEP FUNCTIONAL 30	16.00		REFORMER BALANCE 50 €
16.30		LES MILLS CORE 30	16.10		BODYCOMBAT 55
17.10		BODYJAM 60	16.30		BOOTY X MUSCLE BEACH 55
17.30		REFORMER POWER 50 €	17.15		BODYPUMP 55
17.30		BOOTY X MUSCLE BEACH 55	17.30		VOIMATREENI 55
18.20		STRENGTH DEVELOPMENT 45	17.30		REFORM YOUR BODY 50 ☾ €
18.30		REFORM YOUR BODY 50 €	18.20		LES MILLS DANCE 45
19.30		BODYCOMBAT 55	18.30		REFORMER BALANCE 50 ☾ €
19.30		REFORMER BALANCE 50 ☾ €			

### TIISTAI 10

07.00		REFORM YOUR BODY 50 €
11.15		BODYPUMP 55
15.15		BODYCOMBAT 55
16.00		LES MILLS REFORMER 50 €
16.20		BODYJAM 60
17.00		REFORM YOUR BODY 50 €
17.25		VINYASA YOGA 55
18.30		GRIT STRENGTH 30
19.00		LIKKUVUUS/VENYTELE 30
19.00		LIKKUVUUS 30

### KESKIVIIKKO 11

07.00		BODYPUMP EXPRESS 45
09.00		REFORM YOUR BODY 50 €
10.15		MUOKKAUS 55
11.15		LIKKUVUUS 45 + ÄÄNIMALJA 15
16.00		REFORMER BALANCE 50 ☾ €
17.00		BODYCOMBAT 55
17.00		REFORM YOUR BODY 50 €
18.00		REFORMER POWER 50 €
18.05		STRENGTH DEVELOPMENT 45
19.00		BODYBALANCE 55
20.05		ÄÄNIMALJARENTOUTUS 20

### PERJANTAI 5

10.15		BODYPUMP 55
11.30		LES MILLS REFORMER 50 ☾ €
15.15		BODYBALANCE 55
15.30		REFORMER POWER 50 €
16.30		REFORM YOUR BODY 50 €

### LAUANTAI 6

09.00		LES MILLS REFORMER 50 €
10.00		REFORMER POWER 50 €
10.45		BODYCOMBAT 55
11.00		REFORM YOUR BODY 50 ☾ €
11.50		MUOKKAUS 55
13.00		VATSA-SELKÄ 20/ FASCIA 20 / ÄÄN... ☾

### SUNNUNTAI 4

10.30		BODYATTACK 30
11.00		BODYCOMBAT 30
11.40		BODYBALANCE 55
14.00		YIN YOGA 75 ☾

## - PARK

57 tuntia

### MAANANTAI 11 TORSTAI 10

07.00		RUN CLUB 45 (15.6. asti)	07.00		LES MILLS CONQUER 45
10.00		SENIORIITTA (60+) ☾ 60+	09.45		TÖNÖJUMPPA 55
11.15		BODYPUMP 55	10.15		THE TRIP 40
12.20		BODYBALANCE 55	12.20		BIOCIRCUIT: 30MIN ÄLYTREENI
17.00		THE TRIP 40	17.10		PILATES 55
17.00		VOIMAA ALOITTELIJOILLE 55	17.15		THE TRIP 40
17.20		BODYPUMP 55	17.30		LES MILLS CONQUER 45
18.00		BIOCIRCUIT: 30MIN ÄLYTREENI	18.20		GRIT STRENGTH 30
18.15		LES MILLS CONQUER 45	18.30		THE TRIP 40
18.30		BODYATTACK 55	18.55		LES MILLS CORE 30
18.45		THE TRIP 40			

### TIISTAI 10

09.15		FASCIAMETHOD 55
10.00		SENIORIITTA CIRCUIT (60+) ☾ 60+
10.15		THE TRIP 40
16.30		THE TRIP 40 ☾
16.45		BODYPUMP HEAVY 55
17.00		VOIMATREENI 55
17.15		LES MILLS CONQUER 45
17.50		BODYCOMBAT 55
18.20		THE TRIP 40
19.05		BODYBALANCE 55

### KESKIVIIKKO 8

08.00		BODYBALANCE 55
10.15		LES MILLS SHAPES 45 + VEN 15
16.15		SOULFUSION 55 ☾
17.00		THE TRIP 40
17.20		MUOKKAUS 55
18.00		LES MILLS CONQUER 45 ☾
18.20		BODYATTACK 55
19.25		BODYPUMP 55

### PERJANTAI 8

08.00		VOIMAA ALOITTELIJOILLE 55 ☾
09.00		THE TRIP 40
10.15		BODYSTEP FUNCTIONAL 55
11.20		BODYJAM 60
16.20		BODYCOMBAT 55
16.30		THE TRIP 40 ☾
17.25		LES MILLS SHAPES 45 + VEN 15
18.40		BODYPUMP 55

### LAUANTAI 6

09.15		PILATES 55
09.15		THE TRIP 40
10.15		BODYSTEP FUNCTIONAL 55
10.30		THE TRIP 40
11.30		LES MILLS CEREMONY 45
12.30		BODYJAM 60

### SUNNUNTAI 4

12.15		PAKARAT / KÄDET / VATSA-SELKÄ 60
17.00		THE TRIP 40
17.15		BODYPUMP 55
18.30		BODYBALANCE 55

## - HERVANTA

40 tuntia

### MAANANTAI 9 TORSTAI 5

10.15		PILATES 55	10.15		PAKARAT/KÄDET/VATSA-SELKÄ 60
16.30		HYROX 55	17.30		STRENGTH DEVELOPMENT 45
17.00		LES MILLS CORE 45	18.20		BODYSTEP FUNCTIONAL 55
17.00		INTRO TO GYM TRAINING 55	18.30		BODYBALANCE 55
17.50		BODYCOMBAT 55	19.00		HYROX 55
17.50		LES MILLS DANCE 45			
18.00		SPINNING 55			
18.40		YIN YOGA 75			
19.00		LES MILLS CEREMONY 45			

### TIISTAI 9

07.00		HYROX 55
10.15		BODYBALANCE 55
12.00		KUNTORYHMÄ (60+) ☾ 60+
17.30		BODYJAM 60
18.00		SPINNING 55 ☾
18.15		HAMMER BOX & RUN.RIDE.ROW 60
18.40		BODYPUMP 55
19.00		PILATES 55
19.15		HYROX 55

### KESKIVIIKKO 4

10.15		BODYPUMP 55
16.15		HYROX 55
17.15		BODYCOMBAT 55
18.20		PAKARAT/KÄDET/VATSA-SELKÄ 60

### PERJANTAI 4

07.00		BODYBALANCE 55
09.30		HYROX 55
16.15		BODYPUMP HEAVY 55
17.15		LES MILLS CORE 30 + FASCIA 30 ☾

### LAUANTAI 5

10.05		BODYCOMBAT 55
11.10		BODYPUMP 55
11.45		HYROX 55
12.20		BODYBALANCE 55
12.45		HYROX 55

### SUNNUNTAI 4

10.30		BODYPUMP 55
16.45		BODYJAM 60
17.50		VATSA-SELKÄ 30
18.20		FASCIAMETHOD 55

## - GOGO REFORMER - VAAJAKATU 13 tuntia

### MAANANTAI 3 TORSTAI 2

10.15		REFORMER POWER 50 €	18.00		LES MILLS REFORMER 50 €
17.00		REFORMER BALANCE 50 €	19.00		REFORMER BALANCE 50 €
18.00		LES MILLS REFORMER 50 €			

### PERJANTAI 2

10.15		REFORMER BALANCE 50 €
16.30		REFORM YOUR BODY 50 €

### LAUANTAI 2

09.30		LES MILLS REFORMER 50 €
10.30		REFORM YOUR BODY 50 €

### TIISTAI 2

17.30		REFORM YOUR BODY 50 €
18.30		REFORMER POWER 50 €

### KESKIVIIKKO 2

17.15		REFORMER POWER 50 €
18.15		REFORM YOUR BODY 50 €

## - GOGO KESÄTAPAHTUMAT

SAVE THE DATES

17.6 asti		Intersport x Scandic By GOGO RUN CLUB Maanantaisin kello 7:00
su 24.5.		GOGO Vaellus
ke 10.6.		Melontakurssi
su 14.6.		Tenniskurssi

ke 24.6.		Golf-kilpailu
to 25.6.-6.8.		Tönöjumpat Eteläpuistossa Torstaisin kello 09:45
25.6, 21.7. & 13.8.		GOGO-pesäpallo
la 27.6.		Pyöräily Pyhäjärven ympäri

ke 1.7. -29.7. | Jooga - Lapland Hotel Laawu kattoterassilla kello 8:00