

57 tuntia

TORSTAI		10
10.15	BODYATTACK 55	
11.30	KUNTORYHMÄ 55 (60+)	60+
16.00	REFORMER BALANCE 50	€
16.10	BODYCOMBAT 55	
16.30	BOOTY X MUSCLE BEACH 55	
17.15	BODYPUMP 55	
17.30	VOIMATREENI 55	
17.30	REFORM YOUR BODY 50	€
18.20	LES MILLS DANCE 45	
18.30	REFORMER BALANCE 50	€

PERJANTAI

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

LAUANTAI

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 ...	€

SAVE THE DATES

ke 24.6.	Golf-kilpailu
to 25.6.–6.8.	Tönöjumpt 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

57 tuntia

TORSTAI		10
07.00	LES MILLS CONQUER 45	
09.45	TÖNÖJUMPPA 55	
10.15	THE TRIP 40	
12.20	BIOCIRCUIT: 30MIN ÄLYTRE...	
17.10	PILATES 55	
17.15	THE TRIP 40	
17.30	LES MILLS CONQUER 45	
18.20	GRIT STRENGTH 30	
18.30	THE TRIP 40	
18.55	LES MILLS CORE 30	

PERJANTAI

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 + VE...
18.40	BODYPUMP 55

LAUANTAI

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

12.15		PAKARAT / KÅDET / VATSA-...
17.00		THE TRIP 40
17.15		BODYPUMP 55
18.30		BODYBALANCE 55

40 tuntia

TORSTAI		5
10.15	PAKARAT/KÄDET/VATSA-SE...	
17.30	STRENGTH DEVELOPMENT...	
18.20	BODYSTEP FUNCTIONAL 55	
18.30	BODYBALANCE 55	
19.00	HYROX 55	

PERJANTAI

07.00	BODYBALANCE 55
09.30	HYROX 55
16.15	BODYPUMP HEAVY 55
17.15	LES MILLS CORE 30 + FA...

LAUANTAI

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

SUNNUNTAI

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

13 tuntia

TORSTAI		2
18.00	LES MILLS REFORMER 50	€
19.00	REFORMER BALANCE 50	€
PERJANTAI		2
18.15	REFORMER BALANCE 50	€
16.30	REFORM YOUR BODY 50	€
LAUANTAI		2
09.30	LES MILLS REFORMER 50	€
10.30	REFORM YOUR BODY 50	€