

PUBLIC HOLIDAYS

GROUP CLASS SCHEDULES

24-12-2024 Christmas Evening

Bodypump	09:00 - 09:50
Spinning	09:00 - 09:50
Aqua fitness	10:30 - 11:20
Fitness Fusion	12:15 - 13:00
Löyly	12:15 - 12:45
Löyly	16:15 - 16:45
MixFit	18:15 - 19:05

25-12-2024 1st Christmas Day

Bodypump	09:15 - 10:05
Löyly	12:15 - 12:45
Löyly	16:15 - 16:45

26-12-2024 2nd Christmas Day

Bodypump	09:15 - 10:05
Aqua fitness	10:30 - 11:20
Löyly	12:15 - 12:45
Löyly	16:15 - 16:45
Bodypump	18:15 - 19:05

31-12-2024 Last day of the year

Bodypump	09:00 - 09:50
Spinning	09:00 - 09:50
Aqua fitness	10:30 - 11:20
Fitness Fusion	12:15 - 13:00
Löyly	12:15 - 12:45
Löyly	16:15 - 16:45

01-01-2025 New Year's Day

Bodypump	10:15 - 11:05
Löyly	12:15 - 12:45
Bodypump	18:15 - 19:05
Löyly	20:15 - 20:45

PUBLIC HOLIDAYS
BODY & MIND SCHEDULES

24-12-2024 Christmas Evening

Ashtanga Led	07:15 – 08:30
Vinyasa Yoga	09:00 – 09:50
Breathing	10:00 – 10:30
Yin Yoga	10:30 – 11:20
Pilates	12:00 – 12:50
Vinyasa Yoga	17:15 – 18:05
Pilates	18:15 – 19:05

25-12-2024 1st Christmas Day

Pilates	09:15 - 10:05
Yin Yoga	10:15 – 11:05

26-12-2024 2nd Christmas Day

Hatha Yoga	09:15 - 10:05
Pilates	10:15 - 11:05
Stretching & Breathing	11:15 - 12:05
Pilates	18:15 - 19:05

31-12-2024 Last day of the year

Ashtanga Led	07:15 – 08:30
Vinyasa Yoga	09:00 – 09:50
Breathing	10:00 – 10:30
Yin Yoga	10:30 – 11:20
Pilates	12:00 – 12:50

01-01-2025 New Year's Day

Pilates	10:15 - 11:05
Yin Yoga	11:15 - 12:05
Ashtanga Led	18:15 – 19:05
Hatha Yoga	19:15 – 20:05