

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning-sali 12:00AM - 6:00AM <i>On Demand</i> 6:15AM - 7:05AM <i>VIRTUAL RPM</i> 7:05AM - 12:05PM <i>On Demand</i> 12:05PM - 5:05PM <i>On Demand</i> 5:15PM - 6:05PM <i>VIRTUAL RPM</i> 6:20PM - 6:50PM <i>VIRTUAL RPM</i> 6:50PM - 11:55PM <i>On Demand</i>	Spinning-sali 12:00AM - 5:20AM <i>On Demand</i> 5:30AM - 6:20AM <i>VIRTUAL RPM</i> 6:30AM - 7:00AM <i>VIRTUAL RPM</i> 7:00AM - 12:00PM <i>On Demand</i> 12:00PM - 5:05PM <i>On Demand</i> 5:15PM - 6:05PM <i>VIRTUAL RPM</i> 6:25PM - 7:15PM <i>VIRTUAL RPM</i> 7:15PM - 11:55PM <i>On Demand</i>	Spinning-sali 12:00AM - 6:00AM <i>On Demand</i> 6:05AM - 6:35AM <i>VIRTUAL RPM</i> 6:45AM - 7:35AM <i>VIRTUAL RPM</i> 7:35AM - 12:35PM <i>On Demand</i> 12:35PM - 5:00PM <i>On Demand</i> 5:15PM - 5:45PM <i>VIRTUAL RPM</i> 6:00PM - 6:30PM <i>VIRTUAL RPM</i> 6:30PM - 11:55PM <i>On Demand</i>	Spinning-sali 12:00AM - 5:50AM <i>On Demand</i> 6:00AM - 6:50AM <i>VIRTUAL RPM</i> 6:50AM - 11:50AM <i>On Demand</i> 11:50AM - 5:00PM <i>On Demand</i> 5:15PM - 6:05PM <i>VIRTUAL RPM</i> 6:20PM - 7:10PM <i>VIRTUAL RPM</i> 7:10PM - 11:55PM <i>On Demand</i>	Spinning-sali 12:00AM - 5:50AM <i>On Demand</i> 6:00AM - 6:30AM <i>VIRTUAL RPM</i> 6:30AM - 2:30PM <i>On Demand</i> 2:30PM - 5:20PM <i>On Demand</i> 5:30PM - 6:20PM <i>VIRTUAL RPM</i> 6:20PM - 11:55PM <i>On Demand</i>	Spinning-sali 12:00AM - 8:00AM <i>On Demand</i> 8:00AM - 4:00PM <i>On Demand</i> 4:00PM - 11:55PM <i>On Demand</i>	Spinning-sali 12:00AM - 8:00AM <i>On Demand</i> 8:00AM - 4:00PM <i>On Demand</i> 4:00PM - 11:55PM <i>On Demand</i>
RyhmÄäliikuntasali 12:00AM - 5:15AM <i>On Demand</i> 5:30AM - 6:30AM <i>VIRTUAL BODYCOMBAT</i> 6:40AM - 7:25AM <i>VIRTUAL BODYPUMP</i> 7:30AM - 12:30PM <i>On Demand</i> 12:30PM - 4:05PM <i>On Demand</i> 4:15PM - 4:45PM <i>VIRTUAL BODYBALANCE Strength</i> 5:00PM - 6:00PM <i>VIRTUAL BODYPUMP</i> 6:10PM - 7:10PM <i>VIRTUAL BODYCOMBAT</i> 7:20PM - 8:05PM <i>VIRTUAL SH'BAM</i> 8:05PM - 11:55PM <i>On Demand</i>	RyhmÄäliikuntasali 12:00AM - 5:05AM <i>On Demand</i> 5:15AM - 6:15AM <i>VIRTUAL BODYPUMP</i> 6:30AM - 7:30AM <i>VIRTUAL BODYCOMBAT</i> 7:30AM - 12:30PM <i>On Demand</i> 12:30PM - 4:00PM <i>On Demand</i> 4:15PM - 4:45PM <i>VIRTUAL SH'BAM</i> 5:00PM - 6:00PM <i>VIRTUAL BODYCOMBAT</i> 6:10PM - 7:10PM <i>VIRTUAL BODYPUMP</i> 7:20PM - 8:20PM <i>VIRTUAL BODYBALANCE</i> 8:20PM - 11:55PM <i>On Demand</i>	RyhmÄäliikuntasali 12:00AM - 5:20AM <i>On Demand</i> 5:30AM - 6:30AM <i>VIRTUAL BODYCOMBAT</i> 6:30AM - 1:30PM <i>On Demand</i> 1:30PM - 4:10PM <i>On Demand</i> 4:15PM - 5:15PM <i>VIRTUAL BODYPUMP</i> 5:25PM - 6:25PM <i>VIRTUAL BODYCOMBAT</i> 6:30PM - 7:00PM <i>VIRTUAL BODYBALANCE</i> 7:00PM - 11:55PM <i>On Demand</i>	RyhmÄäliikuntasali 12:00AM - 5:20AM <i>On Demand</i> 5:30AM - 6:00AM <i>VIRTUAL BODYBALANCE Strength</i> 6:10AM - 7:10AM <i>VIRTUAL BODYPUMP</i> 7:10AM - 12:10PM <i>On Demand</i> 12:10PM - 4:50PM <i>On Demand</i> 5:00PM - 6:00PM <i>VIRTUAL BODYCOMBAT</i> 6:10PM - 7:10PM <i>VIRTUAL BODYPUMP</i> 7:10PM - 11:55PM <i>On Demand</i>	RyhmÄäliikuntasali 12:00AM - 5:50AM <i>On Demand</i> 6:00AM - 7:00AM <i>VIRTUAL BODYCOMBAT</i> 7:00AM - 3:00PM <i>On Demand</i> 3:00PM - 5:00PM <i>On Demand</i> 5:00PM - 5:45PM <i>VIRTUAL SH'BAM</i> 5:55PM - 6:55PM <i>VIRTUAL BODYBALANCE</i> 6:55PM - 11:55PM <i>On Demand</i>	RyhmÄäliikuntasali 12:00AM - 8:00AM <i>On Demand</i> 8:00AM - 4:00PM <i>On Demand</i> 4:00PM - 11:55PM <i>On Demand</i>	RyhmÄäliikuntasali 12:00AM - 8:00AM <i>On Demand</i> 8:00AM - 4:00PM <i>On Demand</i> 4:00PM - 11:55PM <i>On Demand</i>

ONDEMAND

On Demand

 **LES MILLS**
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

 **LES MILLS**
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

 **LES MILLS**
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYPUMP 

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
RPM 

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

 **LES MILLS**
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

Kuntokeskus Riihimäki Oy Group Exercise Timetable