

# SYKETTÄ - SPRING 2016 - GROUP EXERCISE!

11.1.-15.5. OPISTOTIE, STUDENTIA, KRV, SNELLMANIA / 11.1. - 8.5. OTHER FACILITIES

## MONDAY

TIME	SPORTS	PLACE
13:45	Ice Hockey	Niirala ice-stadium
15:00	Mindfulness, students	Snellmania
15:30	Zumba	Studentia
16:00	Yoga & Pilates	Snellmania
16:00	Body-weight training	Opistotie
16:30	Air yoga	Huippu
16:30	Futsal	Studentia
17:00	Karate	Snellmania
17:00	Pilates	Snellmania
17:00	Foam Roller	Opistotie
17:30	Basketball	Studentia
17:30	Upper-body exercise	Studentia
18:00	Floorball	Opistotie
18:00	Taekwon-Do	Snellmania
18:15	Lower-body exercise	Studentia
19:00	Indoor-cycling	Kunnonsali
19:00	Pump	Opistotie
20:00	Contemporary Dance	KRV mirror hall

## TUESDAY

TIME	SPORTS	PLACE
7:30	Morning core	Studentia
15:15	Shoulders-back exercise	Studentia
15:30	Body-weight training	HUIPPU
16:00	Virtual indoor-cycling	Element Studio
16:00	Kettlebell exercise	Opistotie
16:00	Yin & Yang yoga	Snellmania
16:15	Pole Dance	ReadySetPole
16:30	Circuit training	Alfido
17:00	Effective55	Opistotie
17:00	Zumba	Studentia
17:00	Instructed Gym, women	Opistotie
18:00	Floorball	Studentia
18:00	Foam Roller	Opistotie
19:00	Volleyball	Opistotie
20:00	Futsal	Opistotie

## WEDNESDAY

TIME	SPORTS	PLACE
8:00	Morning yoga	Studentia
8:00	Badminton	Studentia
14:00	Football	Kuopio-halli
16:00	Zumba, light	Studentia
16:00	Dynamic yoga	Snellmania
16:00	Mindfulness (start27.1.)	
16:00	KickFit	Studentia
17:00	Circuit Training	Opistotie
17:00	Kettlebell exercise	Studentia
18:00	Floorball, women	Studentia
18:00	Lyrical Jazz	Opistotie
18:00	Posture & body overhaul	Opistotie
18:30	CrossTraining	Snellmania
18:30	Line Dance	Snellmania
18:50	Indoor-cycling	Kunnonsali
19:00	Pilates	Opistotie
19:00	Core & roll	Opistotie
19:45	Water exercise	Niirala swim-hall
20:00	Street Dance	KRV mirror hall

## THURSDAY

TIME	SPORTS	PLACE
7:00	Badminton	Studentia
7:30	Morning core	Studentia
13:00	Volleyball	Studentia
15:00	Hot yoga, beginners	Element Studio
15:30	HUIPPU-circuit	HUIPPU
16:00	Back & core	Studentia
16:00	Muscle tone	Studentia
16:30	Aikido	Snellmania
16:30	Karate	Snellmania
17:00	Body-weight training	Studentia
17:00	Floorball	Opistotie
17:15	Hot yoga, advanced - 5€/one time	Element Studio
17:30	Pole Dance	ReadySetPole
18:00	Stretching & body overhaul	Studentia
18:00	Just Dance!	Opistotie
18:00	Akrobatic	Opistotie
19:00	Pump	Opistotie
20:00	Pilates	KRV mirror hall

## FRIDAY

TIME	SPORTS	PLACE
9:00	Badminton	Studentia
13:00	Floorball	Studentia
13:45	Ice Hockey	Lippumäki ice-stadium
14:00	Futsal	Studentia
15:00	Thigh-stomach-buttocks	Studentia
15:30	Hot Yoga	Element Studio
16:00	Badminton	Studentia
17:00	Basketball	Opistotie
18:00	Badminton	Opistotie

PULSE CLASS
DANCE CLASS
MUSCLE TONE EXERCISE
EFFECTIVE MUSCLE
BODY OVERHAUL
LIGHT BODY OVERHAUL
STAFF ONLY
OPEN SPORTS



## SATURDAY

TIME	SPORTS	PLACE
10:40	Bodystep	Kunnonsali
11:50	Flow-yoga	Kunnonsali
12:00	Pump	Opistotie

## SUNDAY

TIME	SPORTS	PLACE
09:00	Family turn	Opistotie
16:00	Futsal	Opistotie
17:00	Line Dance	Snellmania
18:00	Zumba	Opistotie
19:00	Air yoga	HUIPPU
19:00	Floorball	Opistotie
20:00	Air yoga, advanced - 5€/one	HUIPPU

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