



Sports calendar spring 2021



Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place
16.00	Pump	Studentia	8.00	Kettlebell 45'	Studentia	8.00	Morning core 45'	Snellmania	7.00	Badminton (2 h)	Studentia	15.00	ATB	Studentia	12.00	LesMills BodyCombat	Kunnonsali	17.30	Badminton	Studentia
16.00	Volleyball (2 h)	Studentia	9.45	Badminton - find a playing partner	Studentia	14.00	Badminton (2 h)	Studentia	7.45	Morning yoga	Online	15.30	Restorative yoga	Snellmania	12.15	FasciaMethod	KRV keskusta	18.30	Futsal	Studentia
16.15	Crosstraining	Snellmania	15.30	Handstand	Snellmania	15.30	Yin yoga	Pole Center	16.00	Power cardio	Studentia	15.50	Aerial yoga	Pole Center	13.20	Pump	KRV keskusta			
16.30	Body overhaul	Hermann	16.00	Basketball	Studentia	15.45	LesMills BodyCombat 30'	Studio Tempo	16.00	Gym circuit	Snellmania	17.00	Badminton (2 h)	Studentia	14.25	Zumba	KRV keskusta		In February: Sunday yoga classes <3	
17.00	Core	Studentia	16.00	Badminton	Studentia	16.00	Kettlebell	Studentia	16.15	Kettlebell 45'	KRV keskusta	17.45	Indoor cycling, light	Kunnonsali						
17.10	Yin yoga hot	Studio Tempo	16.00	Good posture	Studentia	17.00	Kickfit	Studentia	16.40	LesMills Tone 45'	Studio Tempo									
17.15	Water exercise 45'	Rauhalahdi	16.30	Hatha yoga 90'	Snellmania	17.00	Solo salsa	Hermann	17.00	Zumba	Studentia									
18.00	Futsal	Studentia	17.10	Upper-body exercise 45'	Studentia	17.00	Power yoga	Hermann	17.20	Strengthen & stretch	Snellmania									
18.15	Taekwon-Do	Snellmania	17.30	Nutrition counselling	Online	17.15	Water exercise 45'	Rauhalahdi	18.00	Futsal	Studentia									
19.00	Indoor cycling, heavy	Kunnonsali	18.00	Nutrition counselling	Online	18.00	Easygoing volleyball	Studentia	19.10	Pump	KRV keskusta									
19.00	Shuffle	Pole Center	18.00	LesMills BodyAttack	Studio Tempo	18.00	Lavis	Hermann	19.15	Kunnoncross strength	Kunnonsali									
20.00	Easygoing floorball (1,5 h)	Minna Canth	18.05	Lower-body exercise 45'	Studentia	18.00	Hiphop	Hermann	20.05	Poledance	Pole Center									
20.15	Strong&fit	KRV keskusta	19.00	Indoor cycling, intermediate	Kunnonsali	19.00	Bellydance	Hermann	20.15	Yoga&pilates	KRV keskusta									
			19.10	LesMills BodyBalance	Studio Tempo	19.00	Bodyweight training	Hermann	20.30	Easygoing floorball (1,5 h)	Minna Canth									
			20.00	Gentle vinyasa	KRV keskusta	19.00	Indoor cycling, intermediate	Kunnonsali												
			21.00	Floorball	Studentia	19.30	Power Circuit	KRV keskusta												
			21.45	Ice hockey	Niirala	20.00	Easygoing floorball (2 h)	Minna Canth												
						20.30	Deep stretching 30'	KRV keskusta												
						21.00	Basketball	Rajala												

Get-to-know classes with SYKETTÄ sticker:
 12.1. and 4.5. at 18.00 Escrima Concepts and 19.30 Wing Tsung
 2.2., 2.3., and 13.4. at 18.00 Wing Tsung and 19.30 Escrima Concepts
 Line dance: announced later

Open sport turn Muscle tone Body overhaul / light Dance Effective / pulse

Take a moment for yourself
and your well-being!



Sports calendar is valid for: TBA

Book the classes and free turns in our website:

www.sykettä.fi/kuopio