



# Sports calendar spring 2023



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	Pickle ball	Studentia	7.30	Kettlebell 45'	Studentia	8.00	*Spinning 45'	Energy	7.45	Morning flow	Studentia	10.35	*LesMills BodyBalance flex 45'	Studio Tempo	9.00	Muscle tone	KRV keskusta	16.00	Family badminton (1,5 h)	Studentia
16.15	Zumba (will be announced later)	Studentia	14.00	Badminton - find a badminton buddy	Studentia	16.00	Flow yoga	Kunnonsali	15.45	*LesMills BodyJam 45'	Tempo	15.00	Body overhaul 45'	Studentia	9.30	Gym shift	Kunnonsali	17.00	Gym shift	Kunnonsali
17.00	Volleyball (2 h)	Studentia	15.15	*Aerial yoga 45'	Pole	15.30	Gym shift	KuoFit	16.10	Good posture 45'	Studentia	15.00	Gym shift	Kunnonsali	10.00	Body overhaul	KRV keskusta	17.30	Floorball (1,5 h)	Kunnonsali
17.00	Strengthen and stretch	Snellmania	15.15	*Pilates 45'	Energy	16.00	*Twerk for beginners	S&S DanceStudio	16.20	*Poledance	Pole Center	16.00	Pump	Studentia	13.00	Zumba	KRV keskusta	17.30	Volleyball (1,5 h)	Studentia
17.15	*Water exercise 45'	Rauhalahti	16.00	Finnish open air dances	Kunnonsali	16.00	*LesMills BodyCombat 45'	Studio Tempo	17.00	Kettlebell	Studentia	16.00	Basketball	Studentia				17.30	Basketball (1,5 h)	Studentia
17.15	Upper-body exercise 45'	Studentia	16.00	Tutor turn	Studentia	17.00	ATB	Studentia	17.25	*Barre 30'	Studio Tempo	17.00	Badminton (2 h)	Studentia				18.00	*Dynamic flow	Kunnonsali
18.00	Hiit 30'	Niiralan koulu	16.30	Gym start (starts 17.1.)	Snellmania	17.00	Kickfit (starts 4.1.)	Studentia	18.00	Salibandy	Studentia	17.45	Indoor cycling, light	Kunnonsali				19.00	Futsal (2 h)	Studentia
18.10	Lower-body exercise 45'	Studentia	16.45	*Yin yoga	Studio Tempo	17.30	Functional training	Snellmania	18.10	Contemporary dance	KRV keskusta									
18.30	*Kickboxing	Fighter Club	17.05	Pump	Studentia	17.30	Nutrition counselling (starts 25.1.)	Nutrimedia	19.20	Pump	KRV keskusta									
18.35	Body overhaul 30'	Niiralan koulu	18.00	*LesMills BodyCombat	Fressi Kuopio	18.00	Nutrition counselling (starts 25.1.)	Nutrimedia	19.15	*Kunnoncross strength	Kunnonsali									
19.00	Indoor cycling, heavy	Kunnonsali	18.10	Body overhaul 45'	Studentia	18.00	Volleyball, all levels	Studentia	19.30	Volleyball (2 h)	Minna Canth									
19.00	Hiphop	Alava	19.00	Indoor cycling, intermediate	Kunnonsali	18.00	*Water exercise 30'	Kuntolaakso	20.25	Body maintenance 45'	KRV keskusta									
19.30	Strong&fit	KRV keskusta	20.00	Commercial dance	KRV keskusta	18.45	*LesMills BodyBalance	Studio Tempo	21.00	Futsal	Lumit									
20.30	Easygoing floorball (1,5 h)	Minna Canth	20.00	*Aerial yoga 45'	Pole	19.00	Indoor cycling, intermediate	Kunnonsali												
20.30	Futsal (1,5h)	Lumit	20.00	Volleyball, technique shift (2h)	Minna Canth	19.00	Ballet for adults 75'	KRV keskusta												
21.00	Badminton	Studentia	20.00	Basketball (2 h)	Klassillinen lukio	21.00	Futsal	Lumit												
			21.45	Ice hockey	Niirala															

Studentia gym open 9.00-21.00 Dressing rooms are out of use during tournaments  
 Snellmania gym open 10.00-14.00

## Get-to-know classes with SYKETTÄ sticker:

In Snellmania tatami on Tuesdays 10.1., 14.2., 14.3., 11.4.  
 18.00 Escrima concepts  
 19.00 Wing Tsung Kung Fu

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: 9.1.-30.4.2023

Changes to the exercise calendar are possible, you can find updated information on our website.

Group classes instructed by own instructors: 9.1.-30.4.

\*Group classes by partners: 1.2.-23.4. (marked with \*)

Ball sports, regular shifts and gyms 2.1.-31.5.

**Book the classes and free turns in our website:**  
[www.sykettä.fi/kuopio](http://www.sykettä.fi/kuopio)