Sports calendar Spring 2024

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	Volleyball (3 h)	Studentia	7.30	Kettlebell 45'	Studentia	15.30	Gym shift	KuoFit	7.45	Morning flow	Studentia	10.35	*LesMills BodyBalace 45'	Studio Tempo	9.30	Gym shift	Kunnonsali	16.00	Family badminton (1,5 h)	Studentia
16.00	Fitness Boxing	Studentia	14.00	Badminton - find a badminton buddy	Studentia	16.00	Futsal (2h)	Lumit	7.00	Badminton	Studentia	15.00	Gym shift	Kunnonsali	9.30	Muscle tone	Kunnonsali	17.00	Gym shift	Kunnonsali
17.00	Yin yoga	Kunnonsali	16.10	Good posture 45'	Studentia	16.00	*LesMills BodyCombat 45'	Studio Tempo	16.00	Latinomix	Kunnonsali	15.05	*Aerial yoga	Pole Center	10.30	Body overhaul 30'	Kunnonsali	17.30	Futsal (1,5 h)	Studentia
17.10	Pump	Studentia	17.00	Hiphop/Contemporary dance	Kunnonsali	16.00	Zumba	Studentia	16.20	*Poledance	Pole Center	16.00	Basketball	Studentia	12.00	FasciaFitness	Kunnonsali	19.00	Volleyball (2 h)	Studentia
17.15	*Water exercise 45'	Rauhalahti	17.00	Floorball tournament (2 h)	Studentia	16.00	*Twerk	S&S Dance Studio	17.00	ATB	Studentia	16.00	Strong&fit	Studentia				19.00	Basketball (2 h)	Studentia
17.20	Functional training	Snellmania	17.15	Upper-body exercise 45'	Studentia	16.00	Nutrition counselling	Nutrimedia	17.45	*Aerial yoga	JKKT	16.45	Indoor cycling, light	Kunnonsali						
18.00	Commercial dance	Kunnonsali	18.00	Strengthen and stretch	Kunnonsali	16.30	Nutrition counselling	Nutrimedia	17.45	Water exercise 45'	Kuntolaakso	17.00	Pump	Kunnonsali						
18.20	Hip Mobility 30'	Studentia	18.10	Lower-body exercise 45'	Studentia	16.30	Flow4Fit	Kunnonsali	17.45	*LesMills Sh'bam 45'	Studio Tempo	17.00	Badminton (2 h)	Studentia						
18.30	*Kickboxing	Fighter Club	19.00	Indoor cycling, intermediate	Kunnonsali	16.30	Easy class	Snellmania	18.00	Floorball	Studentia									
19.00	Indoor cycling, heavy	Kunnonsali	20.00	Volleyball, technique shift (2h)	Minna Canth	17.00	Kettlebell	Studentia	18.00	Pump	Kunnonsali									
19.00	Easygoing floorball (2 h)	Minna Canth				17.00	Kickfit	Studentia	19.15	*Kunnoncross strength	Kunnonsali					**Studentia gym, doors open at 7.00-21.30 Dressing rooms are out of use during tournaments Snellmania gym, doors open at 10.00-14.00**			**Studentia gym open 9.00-20.30 Dressing rooms are out of use during tournaments Snellmania gym closed**	
21.45	Ice hockey	Olvi Arena				17.50	*LesMills BodyAttack 45'	Studio Tempo	19.30	Volleyball (2 h)	Minna Canth									
						18.00	Badminton, 7 fields	Studentia												
						18.45	*LesMills BodyBalance	Studio Tempo								**Courses with SYKETTÄ sticker:**				
						19.00	Indoor cycling, intermediate	Kunnonsali								**Hot pilates (50€)**: course I 18.1.-22.2., course II 14.3.-25.4., on Thursdays at 16.30-17.30				
						19.00	Ballet for adults	Kunnonsali								**Gym start (free of charge):** on Mondays at 16.15-17.10 15.1.-12.2.				
						19.00	*BASIPilates	JKKT								**Cross-country skiing courses**: 1. Cross-country ski basics classic style 16.1. (14,3€),				
																2. Cross-country ski advanced classic style 18.1. (14,3€),				
																3. Cross-country ski advanced classic style 23.1. (14,3€)				
																Swimming technique courses (45€): course 1: group 1 on Tuesdays at 19.30-20.30, 23.1.-20.2 and				
	Studentia gym, doors open at 7.00-21.30			**Studentia gym, doors open at 7.00-21.30**			**Studentia gym, doors open at 7.00-21.30**			**Studentia gym, doors open at 7.00-21.30**			**Studentia gym, doors open at 7.00-21.30**							group 2 on Wednesdays at 19.30-20.30, 24.1.-21.2.		
	Snellmania gym, doors open at 7.00-18.00			**Snellmania gym, doors open at 7.00-18.00**			**Snellmania gym, doors open at 7.00-18.00**			**Snellmania gym, doors open at 7.00-18.00**			**Snellmania gym, doors open at 7.00-18.00**							Course II: group 1 on Tuesdays at 19.30-20.30, 12.3.-9.4. and		
	Snellmania gym is not open during group exercise classes			**Snellmania gym is not open during group exercise classesup exercise classes**			**Snellmania gym is not open during group exercise classes**			**Snellmania gym is not open during group exercise classes**			**Snellmania gym is not open during group exercise classes**							group 2 on Wednesdays at 19.30-20.30, 13.3.-10.4.		

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: 8.1.-28.4.2024

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

Group classes: 8.1.-28.4.

Group classes by partners: 8.1.-24.4. (marked with *)

Ball sports, regular shifts and gyms 8.1.-31.5.

Book the classes and free turns in our website: www.sykettä.fi/kuopio