Group exercise and ball sports offerings Autumn 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, beginners (1,5 h)	Studentia	14.00	Badminton - find a badminton buddy	Studentia	16.00	6 x Hot&Sweaty dance workout, 7x Reggaeton	S&S Dance Studio	7.00	Badminton, 7 fields	Studentia	10.35	LesMills BodyBalace Flex 45'	Studio Tempo	9.20	Pump	Studentia	14.00	Family badminton (1,5 h), 7 fields	Studentia
16.00	6 x Beyonce dance class 7 x Girly street dance	S&S Dance Studio	16.00	Twerk	S&S Dance Studio	16.10	Good posture 45'	Studentia	9.00	Morning flow	Studentia	15.05	Aerial yoga	Pole Center	10.25	Body overhaul 30'	Studentia	15.30	Volleyball, beginners (1,5 h)	Studentia
16.30	Pump	Luola	16.10	Muscletone exercise for staff members 45'	Studentia	17.00	Kickfit	Studentia	16.00	Latinomix	Kunnonsali	16.00	Yoga tone	Luola	11.00	Zumba	Studentia	15.30	Volleyball, experienced (1,5 h)	Studentia
17.15	Water exercise 45'	Rauhalahti	16.30	Kettlebell	Luola	17.05	Pump	Studentia	16.10	Neck&shoulder exercise 45'	Studentia	16.00	Volleyball, beginners (1,5 h)	Studentia	12.00	Fascia	Studentia	15.30	Basketball, open level (1,5 h)	Studentia
17.40	Core 45'	Luola	16.30	Nutrition counselling	Nutrimedia	18.00	Badminton, 4 fields	Studentia	16.20	Poledance	Pole Center	16.00	Volleyball, experienced (1,5 h)	Studentia	12.20	LesMills BodyCombat	Fressi			
18.00	Sähly, beginners (1,5h)	Luola	17.00	Nutrition counselling	Nutrimedia	17.55	LesMills BodyAttack 45'	Studio Tempo	17.00	Upper body exercise 45'	Studentia	16.00	Basketball, open level (1,5 h)	Studentia						
18.30	Yin yoga	Luola	17.00	Fitness boxing	Snellmania mirror hall	18.45	LesMills BodyBalance	Studio Tempo	17.20	Functional training	Snellmania	16.45	Indoor cycling, light	Kunnonsali						
18.30	Fitness Boxing	Fighter club	17.00	ATB	Studentia	19.00	Indoor cycling, intermediate	Kunnonsali	17.55	Lower body exercise 45'	Studentia	17.00	Badminton/Pickleball, 5 fields	Luola						
18.55	LesMills BodyCombat 45'	Studio Tempo	17.30	Street Dance	Luola	19.00	Ballet for adults	Kunnonsali	18.00	Water exercise 45'	Kuntolaakso	18.00	Badminton/Pickleball, 5 fields	Luola						
19.00	Indoor cycling, heavy	Kunnonsali	18.00	Badminton, 7 fields	Studentia	20.00	Trampoline workout	HuippuCenter				17.05	Strong&Fit	Luola						
19.00	BASIPilates 2.-30.9.	JKKT	18.00	Escrima Concepts	Snellmania mirror hall							17.30	Floorball, open level (1,5 h)	Studentia						
19.30	AfroHouse	Luola	18.30	Muscle tone	Luola															
21.30	Ice hockey	Olvi Arena	19.00	Indoor cycling, intermediate	Kunnonsali															
			19.30	Body overhaul	Luola															
			19.30	Futsal, open level (1,5h)	Luola															
	Studentia gym, doors open at 7.00-21.30 **Snellmania gym, doors open at 7.00-18.00** **Luola gym, doors open at 8.00-22.00**			**Studentia gym, doors open at 7.00-21.30** **Snellmania gym, doors open at 7.00-18.00** **Luola gym, doors open at 8.00-22.00**			**Studentia gym, doors open at 7.00-21.30** **Snellmania gym, doors open at 7.00-18.00** **Luola gym, doors open at 8.00-22.00**			**Studentia gym, doors open at 7.00-21.30** **Snellmania gym, doors open at 7.00-18.00, not open during group exercise classes** **Luola gym, doors open at 8.00-22.00**			**Studentia gym, doors open at 7.00-21.30** **Snellmania gym, doors open at 7.00-18.00** **Luola gym, doors open at 8.00-22.00**			**Studentia gym, doors open at 9.00-20.30, dressing rooms are out of use during tournaments** **Snellmania gym, doors open at 10.00-14.00** **Luola gym, doors open at 9.00-21.00**			**Studentia gym, doors open at 9.00-20.30, dressing rooms are out of use during tournaments** **Snellmania gym closed** **Luola gym, doors open at 9.00-21.00**	

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

Take a moment for yourself and your well-being!

This schedule is valid 2.9.-8.12.2024

Enroll to the group classes and ball sport shifts on our website:

www.sykettä.fi/kuopio

Changes to the group exercise and ball sport offerings are possible, you can find updated information on our website.