Group exercise and ball sports offerings Spring 2025

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	7xGirly hiphop, 6xLatin vibes	S&S Dance Studio	14.00	Badminton - find a badminton buddy	Studentia	16.00	Floorball, open level (1,5h)	Luola	7.00	Badminton	Studentia	10.35	LesMills BodyBalace Flex 45'	Studio Tempo	9.20	Pump	Studentia	14.00	Family badminton (1,5 h)	Studentia
16.30	Good posture '45	Studentia	16.00	Twerk	S&S Dance Studio	16.00	Zumba	Studentia	9.00	Morning flow	Studentia	16.00	Yoga tone	Luola	10.25	Body overhaul 30'	Studentia	15.30	Volleyball, beginners (1,5 h)	Studentia
16.30	Pump	Luola	16.10	Muscletone exercise for staff 45'	Studentia	16.40	Yin yoga	Kunnonsali	16.00	7x Reggaeton, 6xIn my 2000's ERA	S&S Dance Studio	16.00	Badminton (1,5h)	Studentia	11.20	Functional training	Snellmania	15.30	Volleyball, experienced (1,5 h)	Studentia
17.15	Water exercise 45'	Rauhalahti	16.15	Aerial yoga	Pole Center	17.00	Kickfit	Studentia	16.00	Kettlebell	Studentia	16.00	Basketball (1,5 h)	Studentia				15.30	Basketball, open level (1,5 h)	Studentia
17.35	Gym circuit	Snellmania	16.30	Kettlebell 45'	Luola	17.05	ATB	Studentia	16.15	Gym circuit for staff 45'	Snellmania	16.45	Indoor cycling, light	Kunnonsali						
17.40	Core '45	Luola	17.30	Body overhaul 45'	Luola	17.55	LesMills BodyAttack 45'	Studio Tempo	16.20	Poledance	Pole Center	17.00	Volleyball, beginners (2 h)	Studentia						
18.00	Sähly, beginners (1,5h)	Luola	18.00	Fitness Boxing	Snellmania mirror hall	18.00	Badminton	Studentia	17.00	Volleyball, beginners (2 h)	Studentia	17.00	Volleyball, experienced (2 h)	Studentia						
18.55	*LesMills BodyCombat 45'	Studio Tempo	18.00	Pump	Studentia	18.45	LesMills BodyBalance	Studio Tempo	17.00	Volleyball, experienced (2 h)	Studentia	17.30	Badminton (2 h)	Studentia						
19.00	Indoor cycling, heavy	Kunnonsali	18.30	7xAfroHouse, 7xStreet dance	Luola	19.00	Indoor cycling, intermediate	Kunnonsali	17.20	Functional training	Snellmania									
19.20	Pilates & Barre 65min	Raittiustalo	19.00	Indoor cycling, intermediate	Kunnonsali	19.15	Ballet for adults	Kunnonsali	18.00	Water exercise 45'	Kuntolaakso									
21.30	Ice turn	Olvi Areena	19.00	Escrima Concepts	Snellmania mirror hall	20.00	Trampoline class	Huippu	18.40	Tempo Pilates 45'	Studio Tempo									
			19.30	Futsal, open level (1,5h)	Luola															
			20.00	Wing Tsung Kung Fu	Snellmania mirror hall															

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	Studentia gym, doors open Sat&Sun 9.00-20.30. Dressing rooms not in use during tournaments.
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	Snellmania gym, doors open on Satu 10.00-14.00, Sun. Closed
Luola gym, doors open at 8.00-22.00	Luola gym, doors open at 8.00-22.00	Luola gym, doors open at 8.00-22.00	Luola gym, doors open at 8.00-22.00	Luola gym, doors open at 8.00-22.00	Luola gym, doors open Sat & Sun at 9.00-21.00

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

Take a moment for yourself and your well-being!

Free sports trial 6.-12.1.2025

Sports calendar is valid for 7.1.-27.4.2025

Book the classes and free turns in our website:

www.sykettä.fi/kuopio

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