



Group exercise and ball sports offerings Spring 2025



Monday			Tuesday			Wednesday			Thursday			Friday		
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 BodyBalance Flex 45'	Studio Tempo
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
16.30	Pump	Luola	16.10	Musclestone exercise for staff 45'	Studentia	16.40	Yin jooga	Kunnonsali	16.00	7x Reggaeton, 6xIn my 2000's ERA	S&S Dance Studio	16.00	Badminton (1,5h)	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
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	Snellmanian 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, 7x Street 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 from 27.1., mailattomat ja mailalliset	Olvi Areena	19.00	Escrima Concepts	Snellmanian 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 KungFu	Snellmanian peiliaula									
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			Studentian kuntosali, ovet avoinna 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		

Saturday			Sunday		
Time	Class	Place	Time	Class	Place
9.20	Pump	Studentia	14.00	Family badminton (1,5 h)	Studentia
10.25	Body overhaul 30'	Studentia	15.30	Basketball, open level (1,5 h)	Studentia
11.20	Functional training	Snellmania	15.30	Volleyball, beginners (1,5 h)	Studentia
			15.30	Volleyball, experienced (1,5 h)	Studentia
Studentia gym, doors open Sat&Sun 9.00-20.30. Dressing rooms not in use during tournaments. Snellmania gym, doors open on Satu 10.00-14.00, Sun. Closed Luola gym, doors open Sat & Sun at 9.00-21.00					

Open sport turn

Muscle tone

Body overhaul / light

Dance

Effective / pulse

Free sports trial 10.-16.3.2025
 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.