

Monday			Tuesday			Wednesday			Thursday			Friday		
Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place
16.00	Girly hiphop 6x, In my 2000's ERA 7x	S&S Dance Studio	9.00	Bare Yoga morningflow	Studentia	14.00	Volleyball, easy-going (2 h)	Studentia	7.00	Badminton (2h)	Studentia	10.35	LesMills BodyBalace Flex 45'	Studio Tempo
16.00	ATB	Studentia	14.00	Badminton - find a badminton buddy	Studentia	16.00	Twerk 6x, Reggaeton 7x	S&S Dance Studio	16.00	Kettlebell	Studentia	14.00	Basketball	Studentia
16.30	Dance workout	Luola	15.45	Bare Yoga Method	Luola	16.10	Good posture 45'	Studentia	16.00	Hot girl summer workout 6x, Become a Baddie - dance class 7x	S&S Dance Studio	16.00	Volleyball, easy-going (2 h)	Luola
17.00	Core+body overhaul	Studentia	16.00	Kettlebell	Studentia	16.30	Pilates	Joogastudio	16.15	Aerial yoga	Pole Center	16.00	Volleyball, experienced (2 h)	Luola
17.15	Water exercise 45'	Rauhalahti	17.00	Fitness Boxing	Studentia	16.30	Futsal (1,5h)	Luola	16.15	Gym circuit for staff	Snellmania	16.00	Badminton, 7 fields	Studentia
17.35	Pump	Luola	17.05	Upper body workout 45'	Luola	17.00	Kickfit	Studentia	18.40	Tempo Pilates 45'	Studio Tempo	16.45	Indoor cycling, light	Kunnonsali
18.00	Badminton	Studentia	17.15	Functional training	Snellmania	17.15	Gym circuit	Snellmania	18.00	Water exercise 45'	Kuntolaakso	17.00	Badminton, 7 fields	Studentia
18.20	Yin jooga	Studio Tempo	18.00	Lower body workout 45'	Luola	17.55	LesMills BodyAttack 45'	Studio Tempo				18.00	Family badminton, 7 fields	Studentia
18.55	LesMills BodyCombat 45'	Studio Tempo	18.00	BarrePilates	Raittiustalo	18.45	LesMills BodyBalance	Studio Tempo						
19.00	Indoor cycling, heavy	Kunnonsali	18.00	Basketball	Studentia	19.00	Indoor cycling, intermediate	Kunnonsali						
19.30	Futsal (1,5h)	Luola	18.00	Escrima Concepts	Snellmania mirror hall	19.15	Ballet for adults	Kunnonsali						
			19.00	Indoor cycling, intermediate	Kunnonsali	20.00	Trampoline class	Huippu						
			19.30	Floorball (1,5h)	Luola									
Studentia gym, doors open at 6.45-20.30 Snellmania gym, doors open at 7.00-18.00 Luola gym, doors open 13.00-22.00			Studentia gym, doors open at 6.45-20.30 Snellmania gym, doors open at 7.00-18.00 Luola gym, doors open 13.00-22.00			Studentia gym, doors open at 6.45-20.30 Snellmania gym, doors open at 7.00-18.00 Luola gym, doors open 13.00-22.00			Studentia gym, doors open at 6.45-20.30 Snellmania gym, doors open at 7.00-18.00 Luola gym, doors open 13.00-22.00			Studentia gym, doors open at 6.45-20.30 Snellmania gym, doors open at 7.00-18.00 Luola gym, doors open 13.00-22.00		

Saturday			Sunday		
Time	Class	Place	Time	Class	Place
9.20	Pump	Studentia	14.00	Volleyball, easy-going (2 h)	Studentia
10.25	Body overhaul '30	Studentia	14.00	Volleyball, experienced (2 h)	Studentia
11.15	Functional training	Snellmania	14.00	Basketball	Studentia
			15.30	Family badminton, 7 fields	Studentia
			18.00	HYROX	Sunset TL
Studentia gym, doors open Sat&Sun 9.00-20.30. Dressing rooms not in use during tournaments. Snellmania gym, doors open on Sat 10.00-14.00, Sun. closed Luola gym, doors open at 9.00-20.00					

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

Free sports trial 1.-7.9. ja 29.9.-5.10.2025
Sports calendar is valid for 1.9.-7.12.2025
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 reservation calendar.