



Group exercise and ball sports offerings Spring 2026



Monday			Tuesday			Wednesday			Thursday			Friday		
Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place
16.00	In my 2000's ERA (w 3-9) Street Commercial (w 10-17)	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	Pump	Studentia	13.00	Badminton - find a badminton buddy (2h)	Studentia	14.00	Volleyball, experienced (2 h)	Studentia	16.00	Kettlebell	Studentia	16.00	Volleyball, easy-going (2 h)	Luola
17.00	Ball game Basics (1,5h) (5.2. ->)	Studentia	16.00	Kettlebell	Studentia	15.30	Pilates	Joogastudio	16.00	Hot Girl Summer Workout (w 3-9) Reggaeton (w 10-17)	S&S Dance Studio	16.00	Volleyball, experienced (2 h)	Luola
17.00	Badminton	Studentia	16.05	Yin yoga	Luola	16.00	Twerk	S&S Dance Studio	16.00	Basketball	Studentia	16.00	Badminton, 7 fields	Studentia
17.15	Functional training	Snellmania	17.00	Fitness Boxing	Studentia	16.10	Good posture 45'	Studentia	16.15	Gym circuit for staff	Snellmania	17.00	Badminton, 7 fields	Studentia
17.15	Water exercise 45'	Rauhalahti	17.05	Upper body workout 45'	Luola	16.30	Pilates	Joogastudio	16.15	Aerial yoga	Pole Center	18.00	Friend badminton, 7 fields	Studentia
18.55	LesMills BodyCombat 45'	Studio Tempo	18.00	Lower body workout 45'	Luola	17.00	Kickfit	Studentia	17.00	Pump	Studentia	18.30	HYROX	Sunset TL
19.00	Zumba	Luola	18.00	Practical Self-Defence	Snellmania mirror hall	17.15	Functional training	Snellmania	18.00	Water exercise 45'	Kuntolaakso			
19.00	Indoor cycling, heavy	Kunnonsali	18.00	Basketball	Studentia	17.55	LesMills BodyAttack 45'	Studio Tempo	18.40	Tempo Pilates 45'	Studio Tempo			
19.30	Futsal (1,5h)	Luola	19.00	HYROX	Sunset TL	18.45	LesMills BodyBalance	Studio Tempo	19.00	Indoor cycling, light	Kunnonsali			
			19.00	Indoor cycling, intermediate	Kunnonsali	19.00	Indoor cycling, intermediate	Kunnonsali	19.30	Futsal (1,5h)	Luola			
			19.15	Barre	Raittiustalo	19.15	Ballet for adults	Kunnonsali						
			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
9.00	Pump	Studentia	14.00	Family badminton, 7 fields	Studentia
10.25	Functional training 90'	Snellmania	15.30	Volleyball, easy-going (2 h)	Studentia
			15.30	Volleyball, experienced (2 h)	Studentia
			15.30	Basketball	Studentia
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 12.1.-18.1. and 23.2.-1.3.2026

Sports calendar is valid for 7.1.-29.4.2026

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.