



Group exercise and ball sports selection Autumn 2026



Monday			Tuesday			Wednesday			Thursday			Friday		
Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place	Time	Class	Place
16.00	Street Commercial (weeks 37–41) Reggaeton (weeks 43–49)	S&S Dance Studio	9.00	Gentle morning yoga 1.9. Bare Yoga Method (8.9.–27.10.)	Studentia	10.00	ATB 45'	Studentia	7.00	Badminton, 7 fields (2h)	Studentia	8.15	Indoor cycling 45', light	Kunnonsali
16.00	Pump	Studentia	13.00	Badminton - Find a badminton buddy (2h)	Studentia	14.00	Volleyball, easy-going (2h)	Studentia	16.00	Pump	Studentia	10.35	Les Mills BODYBALANCE® Flex 45'	Studio Tempo
16.15	Functional training	Snellmania	16.00	Badminton, 1 field (1h)	Studentia	16.00	Twerk	S&S Dance Studio	16.15	Gym circuit for staff	Snellmania	15.00	Fascia Method	Studentia
17.10	Volleyball exp., Badminton every other week (1h 45min)	Studentia	16.00	It's Briney Bitch (weeks 36–38) Mr.Worldwide Pitbull (weeks 39–43) Hot Girl Summer (weeks 44–49)	S&S Dance Studio	16.10	Good posture 45'	Studentia	17.10	Kettlebell	Studentia	16.00	Badminton, 7 fields (1,5h)	Studentia
17.15	Water exercise 45'	Rauhalahti	16.10	ATB	Studentia	16.15	Yoga (30.9.–28.10.)	Savonia	18.45	Indoor cycling, intermediate	Kunnonsali	16.10	Les Mills BODYPUMP® 45'	Studio Tempo
18.10	Tempo Pilates 45'	Studio Tempo	16.15	Pole dance	Pole Center	16.30	Pilates	Joogastudio	19.00	Barre/Pilates	Prana Kuopio	16.30	Volleyball, intermediate (1,5h) (from 11.9. →>)	Luola
19.00	LesMills BODYCOMBAT® 45'	Studio Tempo	16.45	Yin Yoga 50'	Studio Tempo	17.00	Volleyball, intermediate (2h)	Studentia	19.30	Futsal, experienced (1,5h) (from 10.9. →>)	Luola	16.30	Volleyball, experienced (1,5h) (from 11.9. →>)	Luola
19.00	Indoor cycling, heavy	Kunnonsali	17.50	SYKETTÄ Pilates (from 8.9. →>)	Luola	17.00	Volleyball, experienced (2h)	Studentia				17.30	Friend badminton, 7 fields (1,5h)	Studentia
19.30	Futsal, easy-going (1,5h) (from 14.9. →>)	Luola	17.15	Basketball (full court) (1h 40min)	Studentia	17.00	Kickfit	Studentia						
			19.30	HYROX	Sunset TL	17.15	Functional training	Snellmania						
			19.30	Floorball (1,5h) (from 8.9. →>)	Luola	17.55	Les Mills BODYSTEP® 45'	Studio Tempo						
						18.00	Fitness boxing	Studentia						
						18.30	Indoor cycling, intermediate	Kunnonsali						
						18.45	Les Mills BODYBALANCE®	Studio Tempo						
						19.00	Practical Self-Defence 90'	Snellmania						
						19.15	Ballet for adults	Kunnonsali						
Studentia gym 6.45–21.00 Snellmania gym 7.00–17.30 Luola gym discounted price available during reception opening hours			Studentia gym 6.45–21.00 Snellmania gym 7.00–17.30 Luola gym discounted price available during reception opening hours			Studentia gym 6.45–21.00 Snellmania gym 7.00–17.30 Luola gym discounted price available during reception opening hours			Studentia gym 6.45–21.00 Snellmania gym 7.00–17.30 Luola gym discounted price available during reception opening hours			Studentia gym 6.45–21.00 Snellmania gym 7.00–17.30 Luola gym discounted price available during reception opening hours		

Saturday			Sunday		
Time	Class	Place	Time	Class	Place
9.00	Pump	Studentia	14.00	Basketball (1,5 h)	Studentia
10.25	Functional training 90'	Snellmania	14.00	Volleyball, easy-going (1,5 h)	Studentia
13.00	Zumba (from 12.9. →)	Luola	14.00	Volleyball, intermediate (1,5 h)	Studentia
			15.30	Friend badminton, 7 fields (1,5 h)	Studentia
			17.30	Aerial Yoga (from 13.9. →)	Prana Kuopio
			18.00	HYROX	Sunset TL
Studentia gym Sat&Sun 8.00–20.00. Dressing rooms not in use during tournaments Snellmania gym Saturday between 10.00–13.30, Sunday closed Luola gym discounted price available during reception opening hours					

Open sports session

Muscle conditioning & fitness

Active recovery / light training

Dance

Intensive / Cardio

Free sports trial week 7.9.–13.9. and 28.9.–4.10.2026

Sports calendar is valid through 1.9.–5.12.2026

Join the classes and open sessions through the mobile app or our website:

www.sykettä.fi/kuopio

Changes to this sports calendar are possible,
you can find updated information in the reservation calendar.