Group exercise and ball sports selection Autumn 2026

Monday		
Time	**Class**	**Place**
16.00	Street Commercial (weeks 37–41) Reggaeton (weeks 43–49)	S&S Dance Studio
16.00	Pump	Studentia
16.15	Functional training	Snellmania
17.10	Volleyball, experienced (1h 45min)	Studentia
17.15	Water exercise 45′	Rauhalahti
18.10	Tempo Pilates 45′	Studio Tempo
19.00	LesMills BODYCOMBAT® 45′	Studio Tempo
19.00	Indoor cycling, heavy	Kunnonsali
~~19.30~~	~~Futsal, easy-going (1,5h)~~	~~Luola~~

Tuesday		
Time	**Class**	**Place**
9.00	Power yoga (3.11.–>)	Studentia
13.00	Badminton - Find a badminton buddy (2h)	Studentia
16.00	Badminton, 1 field (1h)	Studentia
16.00	It's Britney Bitch (weeks 36–38) Mr.Worldwide Pitbull (weeks 39–43) Hot Girl Summer (weeks 44–49)	S&S Dance Studio
16.10	ATB	Studentia
16.15	Pole dance	Pole Center
16.45	Yin Yoga 50′	Studio Tempo
17.50	SYKETTÄ Pilates	Luola
17.15	Basketball (full court) (1h 40min)	Studentia
19.30	HYROX	Sunset TL
19.30	Floorball (1,5h)	Luola

Wednesday		
Time	**Class**	**Place**
14.00	Volleyball, easy-going (2h)	Studentia
16.00	Twerk	S&S Dance Studio
16.10	Good posture 45′	Studentia
16.15	Hatha Yoga (4.11.–>)	Savonia
16.30	Pilates	Joogastudio
17.00	Volleyball, intermediate (2h)	Studentia
17.00	Volleyball, experienced (2h)	Studentia
17.00	Kickfit	Studentia
17.15	Functional training	Snellmania
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

Thursday		
Time	**Class**	**Place**
7.00	Badminton, 7 fields (2h)	Studentia
16.00	Pump	Studentia
16.15	Gym circuit for staff	Snellmania
17.10	Kettlebell	Studentia
18.45	Indoor cycling, intermediate	Kunnonsali
19.00	Barre/Pilates	Prana Kuopio
~~19.30~~	~~Futsal, experienced (1,5h)~~	~~Luola~~

Friday		
Time	**Class**	**Place**
8.15	Indoor cycling 45′, light	Kunnonsali
10.35	Les Mills BODYBALANCE® Flex 45′	Studio Tempo
15.05	Fascia Method	Studentia
16.05	Badminton, 7 fields (1,5h)	Studentia
16.10	Les Mills BODYPUMP® 45′	Studio Tempo
16.00	Volleyball, intermediate (2h)	Minna Canth School
~~16.30~~	~~Volleyball, intermediate (1,5h)~~	~~Luola~~
~~16.30~~	~~Volleyball, experienced (1,5h)~~	~~Luola~~
17.30	Friend badminton, 7 fields (1,5h)	Studentia
19.30	Futsal, open shift (1,5h) 6.11., 13.11. & 27.11.	Lumit

Monday	Tuesday	Wednesday	Thursday	Friday
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		
Time	**Class**	**Place**
9.00	Pump	Studentia
10.25	Functional training 90′	Snellmania
13.00	Zumba (from 12.9. –>)	Luola

Sunday		
Time	**Class**	**Place**
14.00	Basketball (1,5 h)	Studentia
14.00	Volleyball, easy-going (1,5 h)	Studentia
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.