

Hervanta Group exercise classes 30.8.-12.12.2021

Information on class changes is available in the Selection Calendar at: www.sportuni.fi.

All group exercise classes must be enrolled (exp. in case participating online).

Classes are in Tamppi Areena group exercise room if not marked otherwise.

No classes on 6.12.

G = Gym (Sports hall)

*** = Recommended for beginners**

	FITNESS	AEROBIC	BALANCE	STAFF			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00				9.00 Pilates Eeva-Maria			
10:00							
11:00						11.00 Combat Ida	
12:00							
13:00							
14:00							
15:00	15.00 Circuit* Janette	15.00 Pump! Tommi			15.30 Yoga* Eeva-Maria		
16:00	16.00 Sweat* staff/G Inkeri	16.00 Step Laura	16.00 Neck-back* Jennifer				
17:00	17.00 TAB Janika	17.00 Squat Laura 17.30 Pushup Laura	17.00 FuncTr Jennifer	17.00 Zumba® Hanna			17.00 Pump! Annika
18:00	18.00 Balance* Janika	18.00 Sixpack Laura 18.30 Stretching* Laura	18.00 Combat Jennifer	18.00 Pump! Ida			
19:00				19.00 Stretching* Ida			
20:00							