

City Centre 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 Atalpa group exercise room if not marked otherwise.

No classes on 6.12.

O = Outdoors

*** = Recommended for beginners**

	FITNESS	AEROBIC	BALANCE	STAFF			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00							
10:00		10.00 Interval Step Sini				10.30 Combat (no 6.11.) Jennifer	
11:00						11.30 TAB (no 6.11.) Jennifer	
12:00						12.30 Stretching* (no 6.11.)	
13:00							
14:00							
15:00	15.00 Zumba® Step45 Mira		15.00 Fitness dance Katri	15.00 TAB (no 14.10.) Mira	15.00 Dancemix Satu		
16:00	16.00 TAB Mia	16.15 Toning* staff Inkeri	16.15 Bootcamp*45 O Lotta	16.00 Box&Body Sari	16.00 Aerobic Janika	16.00 Pilates Pirjo	16.00 DB Workout Sari
17:00	17.00 Easytoning* Mia	17.15 Toning Inkeri	17.00 Neck-Back* Sari	17.00 Xtreme Susanna			17.00 Neck-back* Sari
18:00	18.00 HIIT Heidi	18.15 Zumba® Hanna	18.00 Circuit* Sari	18.00 Foamrolling* Susanna			
19:00	18.30 DB Workout Heidi	19.15 Flow yoga Saija					
20:00	19.30 Stretching* Heidi						
21:00							