

Kauppi 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 group exercise room in L-building if not marked otherwise.

No classes on 6.12.

LS = Livestream class with participants

*** = Recommended for beginners**

	FITNESS	AEROBIC	BALANCE	STAFF		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00			8.00 Spin Lotta		8.00 Yoga* LS Veera	
9.00						
10.00						
11.00						
12.00						
13.00						
14.00						
15.00					15.00 Spin Henna	
16.00		16.00 Squat LS Henna 16.30 Sixpack LS Henna	16.15 Toning* staff Helena	16.00 Pilates LS Pirjo		
17.00	17.00 Pump! LS Veera	17.00 Interval Spin Henna	17.30 Pump! LS Inkeri	17.30 TAB LS Janika		
18.00	18.00 Power yoga LS Veera					
19.00						
20.00						
21.00						