

Kauppi Group exercise classes 29.8.-11.12.2022

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	Sunday
8.00			8.00 Spin Lotta				
9.00							
10.00							
11:00							
12:00							
13:00							
14.00							
15.00							
16:00	16.00 EasyLatinCross Amanda		16.15 SportUniBody* LS staff Helena	16.00 Pilates LS Pirjo	16.00 Spin Susanna		
17:00	17.00 Pump! LS Veera	16.30 Spin Laura A.		17.00 Pump! LS Susanna			
18:00	18.00 PowerYoga LS Veera	17.30 WholeWorks* LS Laura A.	17.30 IntervalSpin Outi				
19:00			18.30 Yin yoga* LS Outi				
20:00							
21:00							