

## City Centre group exercise classes 29.8.-11.12.2022

Information on class changes is available in the Selection Calendar at: [www.sportuni.fi](http://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.

S=Stretching room

No classes on 6.12.

\* = Recommended for beginners

	FITNESS	AEROBIC	BALANCE	STAFF			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00				7.30 Crosstraining45 (no 20.10.) VS Nathalie			
9:00							
10:00							
11:00		11.15 Circuit45* Janette				10.30 Combat Jennifer	
12:00						11.30 TAB Jennifer	
13:00						12.30 Stretching*	
14:00					14.30 Dance&Shine Satu		
15:00	15.00 Pilates (3.10. VS) Satu		15.00 Hatha yoga* Laura L.	15.00 TAB (no 27.10.) Mira	15.30 Pilates staff Satu		
16:00	16.00 DB Workout Inkeri P.	16.15 SportUniBody* staff Mia	16.00 Box&Body Sari	16.00 Zumba@Step45 Mira	16.30 SportUniBody Laura A.		16.00 DB Workout Laura A.
17:00	17.00 Slow Flow Yoga Laura L.	17.15 TAB Mia	17.00 Neck-Back* Sari	17.00 HIIT Heidi 17.30 DB Workout Heidi			17.00 Neck-back* Laura A.
18:00	18.00 Step Pinja	18.15 Zumba® Hanna	18.00 Circuit* Sari	18.30 Stretching* Heidi			
19:00	19.00 Core* Pinja 19.30 Stretching* Pinja	19.15 FitBox (no 18.10.) Nathalie					
20:00							
21:00							