

Hervanta Group exercise classes 9.1.-29.4.2023

Changes and cancellations of classes will be announced on the website www.sportuni.fi and by e-mail to those registered for the class.

A registration is needed for all group exercise classes (exp. in case participating online) via the Selection Calendar on www.sportuni.fi.

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

No classes on Easter 7.-10.4.

*** = Recommended also for beginners**

	FITNESS	AEROBIC	BALANCE	STAFF			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00			8.30 Morning yoga*				
9:00			Anna				
10:00		10.00 Pump!					
		Tommi					
11:00							
12:00						11.00 WholeWorks*	
						Carita/Laura P.	
13:00							
14:00					14.00 PowerPilates		
					Eeva-Maria		
15:00					15.00 Yoga*		
					Eeva-Maria		
16:00	15.45 Pilates	16.00 TAB	16.00 Neck-back*	15.30 Bodycare45* staff			
	Eeva-Maria	Mira	Oona	Sami			
17:00	16.45 Flow yoga	17.00 Squat Laura K.		16.30 Pump!			17.00 Pump!
	Eeva-Maria	17.30 Pushup Laura K.		Mirana			Annika
18:00	17.45 Combat	18.00 Core* Laura K.	18.15 Zumba®	17.30 Attack			
	Jennifer	18.30 Stretching* Laura K.	Hanna	Mirana			
19:00	18.45 Pump!			18.30 Stretching*			
	Jennifer			Mirana			
20:00							