

City Centre Group exercise classes 28.8.-10.12.2023

Changes and cancellations of the 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 Atalpa group exercise room if not marked otherwise.

S=Stretching room

No classes on Independence Day 6.12.

* = Recommended also for beginners

	FITNESS	AEROBIC	BALANCE	STAFF	STAFF		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00		7.30 Crosstraining45 S Nathalie					
9:00		at 7.15-8.00 in September					
10:00	10.15 TRX45 S Janette					10.15 Combat Jennifer	
11:00				11.15 Circuit45* Janette		11.15 TAB Jennifer	
12:00						12.15 Stretching* Jennifer	
13:00							
14:00							
15:00	15.15 SportUniBody Sini N	15.00 Pilates Satu	14.45 Hatha yoga75* Laura L		14.30 Dance&Shine Satu		
16:00			16.00 AeroBody Sari	16.00 Zumba®Step45 Mira	15.30 Pilates staff Satu		
17:00	16.30 Slow flow yoga Laura L	16.15 SportUniBody* staff Mia	17.00 Neck-back* Sari	17.00 TAB Mira	16.30 DB Workout Carita		17.00 WholeWorks* Laura A
18:00	17.30 DB Workout Heidi	17.15 TAB Mia	18.00 Circuit* Sari	18.00 Stretching* Mira			
	18.30 Step Heidi	18.15 Zumba® Hanna	19.00 DanceChoreo Iida				
19:00	19.00 Core* Heidi	19.15 FitBox Nathalie					
20:00	19.30 Foamrolling45* Heidi						