

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

No classes on Independence Day 6.12.

LS = Livestream class with participants

*** = Recommended also for beginners**

FITNESS	AEROBIC	BALANCE	STAFF
----------------	----------------	----------------	--------------

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00			8.00 Spin Vilma				
9.00							
10.00							
11:00		10.30 Neck-back45* LS Sini K					
12:00							
13:00							
14.00							
15.00					15.00 Spin Outi		
16:00	16.00 SportUniBody* LS staff Helena	16.00 IntervalSpin Vilma		16.00 Pilates LS Pirjo	16.00 Pump! LS Outi		
17:00	17.00 Spin Laura A	17.00 Pump! LS Veera	17.00 EasyLatinCross Amanda				
18:00	18.00 WholeWorks* LS Laura A	18.00 Power yoga LS Veera	18.00 Pump! Carita	17.30 IntervalSpin Outi			
19:00				18.30 Yin yoga* LS Outi			18.30 Spin Laura A
20:00							
21:00							