

Hervanta 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 Tamppi Areena group exercise room if not marked otherwise.

G=Gym (upstairs)

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			8.15 Morning yoga75*				
9:00			Anna H				
10:00		10.00 Pump! Tommi				10.30 Combat45 Ida	
11:00						11.15 Venyttely45*	
12:00						Ida	
13:00							
14:00							
15:00		15.00 Sweat* staff G Anna K			15.00 Easy yoga* Eeva-Maria		
16:00	15.45 Pilates Eeva-Maria	16.00 Zumba® Mira	16.00 Step Laura K	15.30 Bodycare45* staff Sami			
17:00	16.45 Flow yoga Eeva-Maria	17.00 TAB Mira	16.30 Squat Laura K	16.30 Pump!			
18:00	17.45 Combat Jennifer		17.00 Pushup Laura K	17.30 Zumba® Hanna			17.30 Pump! Jennifer
19:00	18.45 Pump! Jennifer		17.30 Core* Laura K				
20:00			18.00 Stretching* Laura K				
			18.30 Foamrolling* Laura K				