# Ryhmäliikunta kesä 2024

## Helsinki Tripla Group 13.5.-25.8.2024

Skannaa QR-koodi & lataa sovellus nähdäksesi tarkemmat ryhmäliikunta-aikataulut ja varataksesi tunnin.

| Maanantai | Tiistai | Keskiviikko | Torstai | Perjantai | Lauantai | Sunnuntai |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | 9:00 Indoor Cycling Interval 45 | | | | |
| | 10:00 Indoor Cycling Beat 45 | 10:00 BodyPump 45 | | 10:00 Indoor Cycling Base 60 | | |
| | 11:00 Peppu-Vatsa 30 | 11:00 Peppu-Vatsa 55 | | 11:15 BodyPump 45 | 10:45 Indoor Cycling Beat 60 | |
| 15:00 Indoor Cycling Beat 60 | 11:40 Jooga 55 | | '13:00 Peppu-vatsa 55 | | 11:00 Les Mills Dance 45 | |
| | | | 14:05 Kehonhuolto 45 | | 11:55 Peppu-Vatsa 55 | |
| 17:00 BodyCombat 60 | 16:00 Les Mills Dance 45 | 16:00 Jooga 55 | 16:15 Indoor Cycling Interval 60 | 16:00 Indoor Cycling Beat 60 | 13:00 Les MIlls Core 30 | |
| 17:00 Indoor Cycling Endurance 75 | 16:30 Indoor Cycling Endurance 90 | 17:00 Indoor Cycling Base 75 | 16:30 Iisi Startti 45 | 17:15 Peppu-Vatsa 30 | 13:40 BodyBalance 60 | |
| 18:15 BodyPump 45 | 17:10 Les Mills Core 30 | 17:05 DanceMix 45 | 17:25 BodyAttack 60 | 17:55 Power Jooga 55 | | |
| 18:30 Indoor Cycling Hiit 30 | 17:50 Iisi startti 45 | 18:05 BodyCombat 45 | 17:30 Indoor Cycling Endurance 90 | | | |
| 19:15 BodyAttack 60 | 18:10 Indoor Cycling Interval 45 | 18:25 Indoor Cycling Hiit 30 | 18:35 Les Mills Core 30 | | | |
| 20:25 Kehonhuolto 45 | 18:45 BodyBalance 60 | 19:05 BodyPump 60 | 19:15 BodyBalance 45 | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |