

# Ryhmäliikunta syksy 2024



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

Helsinki Kamppi 26.8-21.12.2024

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
8:00 Power Jooga 55'	8:30 Peppu-Vatsa 55'	9:00 Jooga 55'		08:00 IC Beat 45'	11:00 BodyPump 60'	10:00 Power Jooga 90'
10:00 IC Beat 60'	9:35 Pilates 55'		10:00 Peppu-Vatsa 45'	09:15 Jooga 75'	12:15 IC Base 75'	
11:15 BodyPump 30'		11:00 Peppu-Vatsa 55'	11:00 Kehonhuolto 45'		12:15 BodyCombat 45'	
11:55 Kehonhuolto 55'	12:00 Power Jooga 90'	12:05 Pilates 55'	12:15 Pilates 55'		13:10 Kehonhuolto 45'	
15:00 Jooga 75'		16:15 IC Endurance 75'	15:00 Power Jooga 55'	15:00 Jooga 55'	15:00 Peppu-Vatsa 55'	14:00 Pilates 55'
16:30 Peppu-Vatsa 45'		16:30 BodyAttack 45'	16:05 Pilates 55'	16:15 LM Core 30'	16:05 Pilates 55'	15:10 Jooga 75'
17:25 BodyAttack 60'	17:55 LM Core 30'	17:25 LM Core 30'	17:00 IC Base 45'	16:55 BodyAttack 45'	16:10 IC Interval 45'	17:00 BodyPump 60'
17:30 IC Hiit 30'	18:00 IC Base 75'	17:45 IC Hiit 30'	17:10 DanceMix 45'	16:55 IC Beat 60'	17:15 Jooga 55'	18:10 BodyCombat 30'
18:15 IC Endurance 60'	18:35 BodyAttack 60'	18:05 BodyBalance 45'	17:55 IC Interval 60'	17:50 LM Dance 45'		18:50 BodyBalance 60'
18:35 BodyCombat 45'	19:30 IC Hiit 30'	19:00 LM dance 45'	18:05 BodyAttack 45'	18:05 IC Interval 45'		
19:30 BodyPump 60'	19:45 BodyPump 45'	19:55 Power Jooga 55'	19:00 BodyPump 60'			
20:45 BodyBalance 30'	20:45 LM Dance 45'		19:30 IC Beat 30'			
			20:15 BodyCombat 30'			

