

Ryhmäliikunta syksy 2024

Kluuvi Helsinki



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

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
	07:00 Indoor cycling Interval 45'		07:00 Indoor cycling Endurance 45'	07:00 Peppu-vatsa 45'		
	07:55 Pilates 45'	08:00 Pilates 45'		07:55 Powerjooga 55'		
09:00 Pilates 55'						
10:05 Kehonhuolto 45'		10:30 Jooga 75'			10:00 BodyPump 60'	10:30 Pilates 55'
		12:00 BodyCombat 45'	12:00 Pilates 45'		11:15 BodyCombat 45'	
		12:55 LesMills Core 30'			11:10 Indoor cycling Endurance 45'	
		15:45 Bodypump 60'	15:30 Powerjooga 55'	15:45 LesMills Core 30'	12:10 BodyBalance 60'	
16:00 BodyPump 60'	16:00 BodyPump 45'	16:55 DanceMix 45'	16:25 Indoor cycling HIIT 30'	16:15 Indoor Cycling Beat 45'		16:30 Pilates 55'
17:15 BodyCpmbat 60'	17:00 BodyJam 60'	17:05 Indoor cycling Beat 45'	17:05 Indoor cycling Base 60'	16:30 BodyAttack 45'		17:35 Jooga 75'
17:15 Indoor cycling Beat 60'	17:00 Indoor cycling Interval 60'	17:50 BodyAttack 60'	17:30 BodyPump 45'	17:10 Indoor cycling Endurance 60'		
18:25 BodyBalance 45'	18:10 Indoor cycling Endurance 90'		18:15 Indoor cycling Beat 45'	17:30 BodyJam 45'		
18:30 Indoor cycling Endurance 60'	18:15 Peppu-vatsa 45'		18:30 LesMills Core 30'	18:25 BodyCombat 45'		
19:20 LesMills Core 30'	19:10 Pilates 45'	19:00 BodyBalance 60'	19:15 Peppu-vatsa 45'	19:20 Pilates 45'		
		20:10 Jooga 55'				