

Ryhmäliikunta kausi 2024



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

Jyväskylä Kauppakulma Group 1.2.-12.5.2024

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
08:30 Indoor Cycling Beat 45	09:00 Jooga 55	10:00 Indoor Cycling Beat 45	10:00 Peppu-Vatsa 45	09:00 Indoor Cycling Base 45	10:00 Jooga 75	
09:25 BodyCombat 60	10:10 BodyPump 45	10:55 LesMills Core 30	10:55 DanceMix 45	10:00 BodyPump 60	11:35 BodyPump 60	
	11:05 Indoor Cycling Endurance 45				12:45 Body-Combat/Peppu-Vatsa 45	
16:00 BodyPump 60		16:00 BodyCombat 60	16:00 BodyPump 60	16:00 BodyBalance 60		17:00 DanceMix 45
17:10 LesMills Dance 45	15:20 Pilates 45	17:10 LesMills Dance 45	17:10 BodyAttack 60	17:10 BodyCombat 60	11:20/11:35 Indoor Cycling Endurance 75/Beat 60	17:55 Peppu-Vatsa 45
18:05 LesMills Core 30	16:15 DanceMix 45	18:05 BodyPump 45	18:20 Peppu-Vatsa 45	18:20 DanceMix 45		18:50 Jooga/Kehonhuolto 55
18:45 Peppu-Vatsa 45	17:10 BodyAttack 45	19:00 Peppu-Vatsa 45	19:15 LesMills Dance 45	19:15 Pilates 45		
19:40 Kehonhuolto 55	18:05 BodyCombat 45	19:55 Kehonhuolto 45	20:10/20:20 Jooga 55			
	19:00 BodyPump 60			16:00 Indoor Cycling Endurance 60		
16:15 Indoor Cycling Beat 45	20:10 BodyBalance 45	17:10 Indoor Cycling Beat 45	17:15 Indoor Cycling Interval 45			
17:10 Indoor Cycling Interval 45		18:05 Indoor Cycling Interval 60	19:15 Indoor Cycling Beat 45			
18:05 Indoor Cycling Hiit 30	16:40 Indoor Cycling Base 75					
	19:00 Indoor Cycling Beat 45					