

Ryhmäliikunta kausi 01.01.-12.05.2024



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

Helsinki Tripla Group

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
	8:00 BodyPump 45					
11:00 BodyCombat 45	11:00 Peppu-Vatsa 30	10:45 Peppu-Vatsa 45		10:15 Peppu-Vatsa 30	12:00 Les Mills Dance 45	
12:00 BodyPump 60	11:40 Jooga 55	15:15 BodyCombat 45	13:00 Peppu-Vatsa 45	14:00 BodyPump 60	12:55 Peppu-Vatsa 45	
15:15 Power Jooga 55	17:00 Les Mills Dance 45	16:10 BodyPump 45	14:00 Kehonhuolto 45	15:15 BodyAttack 45		
16:20 Les Mills Core 30	17:55 Kehonhuolto 30	17:05 Power Jooga 55	16:30 Iisi Startti 45	16:10 BodyBalance 60	16:00 BodyBalance 60	
17:00 BodyCombat 60	18:35 BodyBalance 60	18:10 DanceMix 55	17:25 Les Mills Core 30	17:45 DanceMix 55		
18:10 BodyPump 45	19:45 Peppu-Vatsa 30	19:15 Peppu-Vatsa 30	18:05 BodyCombat 60	18:50 Peppu-Vatsa 30		
19:05 BodyAttack 45	20:25 Jooga 55	19:55 BodyBalance 45	19:20 Peppu-Vatsa 55	19:30 Jooga 55		
20:00 Peppu-Vatsa 45						
20:55 Kehonhuolto 30	7:00 Indoor Cycling Endurance 45		16:20 Indoor Cycling Interval 60	9:00 Indoor Cycling Base 60	9:30 Indoor Cycling Endurance 90	
	10:00 Indoor Cycling Beat 45	10:00 Indoor Cycling Beat 30	17:30 Indoor Cycling Base 60	18:05 Indoor Cycling Beat 60		
17:00 Indoor Cycling Interval 45	15:45 Indoor Cycling Endurance 60	17:15 Indoor Cycling Endurance 90	18:40 Indoor Cycling Beat 30			
17:55 Indoor Cycling Hiit 30	17:10 Indoor Cycling Base 75	18:55 Indoor Cycling Interval 45				
18:35 Indoor Cycling Endurance 60	18:30 Indoor Cycling Beat 60					