

Ryhmäliikunta syksy 2024

Turku Kävelykatu Group



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

| Maanantai | Tiistai | Keskiviikko | Torstai | Perjantai | Lauantai | Sunnuntai |
|------------------------------|-----------------------------------|------------------------------|-----------------------------------|------------------------------|------------------------------|-----------------------------------|
| | | 8:00 Indoor Cycling Base 45 | | | | |
| 9:30 Peppu-Vatsa 45 | 9:00 BodyPump 45 | 9:00 BodyBalance 45 | 9:30 Indoor Cycling Interval 45 | 9:30 lisi Startti 45 | 10:00 Indoor Cycling Beat 45 | |
| 10:25 Kehonhuolto 45 | 10:00 Indoor Cycling Beat 45 | | 10:30 Jooga 55 | 10:25 Peppu-Vatsa 45 | 11:00 BodyPump 60 | |
| | 11:00 Power Jooga 55 | | | | | |
| 16:00 lisi Startti 45 | 16:00 Jooga 55 | 16:00 BodyPump 45 | 16:00 Indoor Cycling Endurance 45 | 16:00 BodyCombat 45 | | |
| 17:00 BodyCombat 60 | 17:05 BodyAttack 45 | 17:00 LesMills Core 30 | 16:00 Peppu-Vatsa 45 | 17:00 BodyPump 60 | | 16:00 Indoor Cycling Endurance 45 |
| 17:00 Indoor Cycling Base 60 | 17:05 Indoor Cycling Endurance 45 | 17:00 Indoor Cycling Hiit 30 | 17:00 BodyBalance 60 | 17:00 Indoor Cycling Base 60 | | 17:00 Peppu-Vatsa 45 |
| 18:10 BodyJam 60 | 18:05 BodyPump 60 | 17:40 BodyCombat 45 | 17:00 Indoor Cycling Beat 60 | 18:15 BodyJam 60 | | 18:10 Kehonhuolto 30 |
| 18:15 Indoor Cycling Beat 60 | 19:20 BodyBalance 60 | 17:40 Indoor Cycling Beat 45 | 18:10 lisi Startti 45 | 19:25 BodyBalance 45 | | |
| 19:30 BodyPump 60 | | 18:35 DanceMix 45 | 19:05 BodyAttack 60 | | | |
| | | 19:35 Peppu-Vatsa 45 | | | | |
| | | 20:30 Kehonhuolto 30 | | | | |