

Ryhmäliikunta kevät 2024

Helsinki Kluuvi 2.1.-12.5.2024



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

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
07:00 Indoor Cycling Beat 45	07:30 Indoor Cycling HIIT 30	10:30 Jooga 75	08:30 Indoor Cycling Beat 45	10:45 BodyAttack 45	10:45 BodyCombat 60	10:30 DanceMix 55
11:00 BodyPump 45	10:00 Peppu-Vatsa 45	11:55 BodyPump 45	09:30 Kehonhuolto 45	11:45 Indoor Cycling Beat 45	12:00 BodyBalance 60	11:35 Jooga 90
11:55 BodyBalance 45	11:00 Les Mills Core 30	12:50 Kehonhuolto 45	10:25 DanceMix 45	12:40 Les Mills Core 30	13:10 BodyJam 60	
13:00 HIIT the CAGE 45	11:40 BodyBalabce 60		11:25 Indoor Cycling Interval 45	13:25 BodyPump 45	14:20 Les Mills Core 30	
					15:00 Peppu-Vatsa 45	
16:00 BodyPump 45	16:15 BodyJam 60	16:30 Peppu-Vatsa 45	15:25 Power Jooga 55			
17:45 Peppu-Vatsa 45	17:25 BodyPump 45	17:25 BodyAttack 45	16:30 BodyPump 45	16:40 Les Mills Core 30	12:15 Indoor Cycling Beat 45	
18:40 BodyAttack 45	18:20 BodyCombat 60	18:20 BodyPump 60	17:45 BodyAttack 45	17:30 BodyCombat 60	13:15 Indoor Cycling Endurance 75	
20:00 DanceMix 45	19:30 BodyBalance 60		18:40 BodyCombat 45	18:40 BodyBalance 60		
			19:35 BodyBalance 60	19:50 DanceMix 45		
16:45 Indoor Cycling Beat 45	17:30 Indoor Cycling Endurance 45	16:30 Indoor Cycling Endurance 45	17:30 Indoor Cycling Beat 60	16:30 Indoor Cycling Endurance 75		
17:55 Indoor Cycling HIIT 30	18:30 Indoor Cycling Interval 60	17:30 Indoor Cycling Beat 45 60	18:45 Indoor Cycling Interval 45	18:00 Indoor Cycling Beat 60		
19:40 Indoor Cycling Base 45	19:45 Indoor Cycling Base 45	18:30 Indoor Cycling Beat 45				