

Ryhmäliikunta kesä I

Helsinki Konala Group 13.5.-30.6.2024



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

| Maanantai | Tiistai | Keskiviikko | Torstai | Perjantai | Lauantai | Sunnuntai |
|--------------------------|----------------------|----------------------|----------------------------------|--------------------------|----------------------------------|-----------|
| 10:00 Iisi Startti 45 | 10:00 Peppu-Vatsa 55 | 10:00 BodyPump 60 | | 10:00 Les Mills Dance 45 | 10:00 Peppu-Vatsa in the Park 45 | |
| 10:55 BodyCombat 45 | | 11:15 Pilates 55 | | 10:55 Kehonhuolto | 10:55 Yoga in the Park 75 | |
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| 16:00 Peppu-Vatsa 55 | | | 16:00 BodyPump 60 | | | |
| 17:05 Les Mills Dance 45 | | 17:00 BodyBalance 60 | 17:15 BodyCombat 45 | 17:00 BodyPump 60 | | |
| 18:00 BodyBalance 60 | | 18:10 Peppu-Vatsa 45 | 18:10 Les Mills Dance 45 | 18:15 BodyBalance 60 | | |
| | 19:00 BodyPump 60 | 19:05 Power Jooga 75 | | | | |
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| | | | 16:00 Peppu-Vatsa in the Park 45 | | | |
| | | | 16:55 Pilates in the Park 55 | | | |