

MON	TUE	WED	THU	FRI	SAT	SUN
9.00 Stretching STREAM Venla	8.00 Energizing Morning Workout, Iiris, RS	9.00 HIIT 25' Iida, VS	8.00 Morning Yoga Yarnanta	8.30 Pilates Anu, RS	10-12 Swimming + Gym AaltoAlvari	
15.00 Abs & Booty Netta, VS	15.00 Gym Workout STAFF, Hannaleena, KS	9.30 Abs 25' Iida, VS	16.00 Circuit STAFF Hannaleena / Laura, PS	14.00 Pump Jansku, PS	10.15 Cycling Klub1	
15.15 Water Aerobics 45' Veera-Maria, AaltoAlvari	16.00 BODYBALANCE Noora, JAMK	15.00 Pilates STREAM Anu	16.00 Cardio & Toning Kirsi, VS	15.00 BODYBALANCE Jansku, PS	14.00 Functional Training CF40100, Tourula	
16.00 Contemporary Dance, Viola, JAMK	16.00 Crosstraining Ida, PS	16.00 BODYCOMBAT Jansku, VS	17.00 Crosstraining Petra, PS			17.30 Cycling Klub1
16.00 Pump Iida, VS	16.00 Handstand Marko, TS	16.00 EASY Kettlebell Laura, PS	17.00 Bodyweight STREAM. Jansku			
17.00 BODYCOMBAT Iida, PS	16.00 Shake & Twerk Lotta, VS	16.00 Flow'n'Relax Yoga Yarnanta	17.00 Zumba Petra, VS			
17.00 Gym Workout Iiris, KS	17.00 BODYCOMBAT in English, Jansku, VS	17.00 Bootcamp Johanna, TS	18.00 Abs & Booty Johanna, VS			
17.00 Step Aerobics Nina, VS	17.00 Kettlebell Ida, PS	17.00 Core + Mobility STAFF, Inka, JAMK	18.00 Handstand Petra, TS			
18.00 Core Susanna, PS	17.00 HIIT 25' Veera-Maria, JAMK	17.00 STRONG Nation Petra, VS	18.00 Fitness Boxing Milla, JAMK			
18.00 EASY Cardio Niina, JAMK	17.30 Abs 25' Veera-Maria, JAMK	18.00 Bodyweight Marko, TS	19.00 EASY Dance Sara, RS			
18.00 Show Latino Sannina, VS	18.00 Pump Saara, JAMK	18.00 Commercial Sannina, RS	18.00 Hatha Yoga Milla, JAMK			
19.00 Barre Krista, RS	18.00 STRONG Nation 45' Milla, VS	18.00 Pump Saara, VS				
19.00 BODYBALANCE Susanna, VS	18.30 Shuffle Jansku, RS					
19.00 Healthy Back STAFF, Niina / JAMK	19.00 Historical Dances 90', Marko, R					
	19.00 Yin Yoga Milla, VS					

Classes available with the sports sticker!

See more info & facilities: korkeakoululiikunta.fi/en

The classes are 55 min. long if not mentioned otherwise.

Register to the classes in advance!
You can see any changes in the classes in the registration system.