

Ryhmäliikunta Kamppi Group 2025



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

Helsinki Kamppi 17.2 - 11.5.2025

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