

Ryhmäliikunta kausi 17.2.- 11.5.2025



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

Tripla Group

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
	7:00 IC ENDURANCE 60 min		7:00 IC BASE 60 min			
9:15 PILATES 60min		10:00 IC BEAT 45 min		9:00 IC BASE 60 min	9:30 POWER JOOGA 60 min	
10:25 PILATES 60min	11:00 LM CORE 30 min	11:00 PEPPU-VATSA 45 min		10:15 BODYPUMP 45 min	10:40 LM CORE 45 min	
10:30 IC BASE 60min	11:40 BODYBALANCE 60 min	11:55 KEHONHUOLTO 60 min	11:30 IC ENDURANCE 60min	11:15 BODYCOMBAT 30 min	11:15 IC ENDURANCE 90 min	11:00 BODYATTACK 60 min
11:45 BODYPUMP 45min			12:45 Functional Body 30 min		11:35 DANCEMIX 60 min	11:30 IC ENDURANCE 75 min
12:00 Functional Body 30min						12:10 LM CORE 45 min
					13:00 BODYCOMBAT 60 min	13:00 IC INTERVAL 60 min
15:00 IC BEAT 60min	16:15 IC ENDURANCE 90 min	14:45 PILATES 60 min	16:00 IC INTERVAL 60 min	14:00 PILATES 60 min	13:00 IC BEAT 60 min	13:05 BODYBALANCE 60 min
17:00 BODYATTACK 45 min	16:15 PEPPU-VATSA 30 min	16:00 LM CORE 45 min	16:00 BODYCOMBAT 60 min	15:15 IC ENDURANCE 60 min	14:15 BODYPUMP 60 min	14:15 PILATES 60 min
17:55 LM DANCE 45 min	16:55 LM DANCE 45 min	17:05 POWER JOOGA 60 min	17:10 KEHONHUOLTO 30 min	16:00 DANCEMIX 60 min	15:30 IISI STARTTI 45 min	15:25 PILATES 60 min
18:30 IC BEAT 60 min	17:50 IISI STARTTI 45 min	18:15 DANCEMIX 60 min	17:15 IC BASE 75 min	16:20 IC BEAT 60 min	16:20 IC BEAT 60 min	15:25 IC BEAT 60 min
18:35 BODYBALANCE 60 min	17:55 IC INTERVAL 45 min	18:30 IC BEAT 45 min	17:50 PEPPU-VATSA 60 min	17:35 JOOGA 75 min	16:25 PILATES 60 min	16:40 PEPPU-VATSA 60 min
19:45 PEPPU-VATSA 45 min	18:45 BODYCOMBAT 60 min	19:30 BODYPUMP 60 min	9:00 JOOGA 90 min	18:00 IC INTERVAL 45 min	17:35 PEPPU-VATSA 45 min	17:50 KEHONHUOLTO 45 min
20:40 JOOGA 60 min	19:55 LM CORE 30 min			19:00 PEPPU-VATSA 30 min	18:30 KEHONHUOLTO 60 min	