

Ryhmäliikunta 17.2.-11.5.2025

Tampere Keskusta Group



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

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
			8:00 BodyPump 30			
			8:40 Cycling BEAT 30			
10:00 Pilates 60	10:15 Cycling BASE 45	10:00 Cycling INTERVAL 60	10:00 Power Jooga 60	10:00 Peppu-Vatsa 45	10:00 Kehonhuolto 60	10:00 Cycling BEAT 60
11:10 Cycling Beat 60	10:30 Les Mills Core 30	10:15 BodyCombat 45	11:15 BodyPump 60	10:00 Cycling ENDURANCE 45	11:10 Les Mills Dance 45	11:10 BodyAttack 60
	11:10 Kehonhuolto 45	11:10 BodyBalance 60		10:55 Kehonhuolto 60	11:15 Cycling BEAT 60	
					12:05 Peppu-Vatsa 45	
					13:00 Pilates 60	15:00 Power Jooga 60
16:15 Les Mills Core 30	16:00 Peppu-Vatsa 60	16:15 BodyCombat 45	16:00 BodyPump 45	15:30 Jooga 60		16:10 BodyCombat 60
16:55 BodyCombat 45	17:10 BodyPump 45	16:15 Cycling ENDURANCE 60	16:55 BodyBalance 60	16:40 DanceMix 60		17:20 Les Mills Core 30
16:55 Cycling INTERVAL 60	17:10 Cycling ENDURANCE 45	17:10 BodyAttack 30	18:00 Cycling INTERVAL 60	17:50 Peppu-Vatsa 60		18:00 BodyBalance 60
17:50 BodyPump 60	18:05 Kehonhuolto 45	17:25 Cycling HIIT 30	18:05 BodyAttack 60	17:55 Cycling BEAT 45		
18:05 Cycling BEAT 45	18:55 Cycling BEAT 45	17:50 DanceMix 60	19:10 Cycling BASE 30	19:00 Pilates 45		
19:00 BodyAttack 45	19:00 Les Mills Dance 45	19:00 BodyPump 60	19:15 Les Mills Core 30			
19:05 Cycling HIIT 30	19:55 BodyBalance 60	20:10 Pilates 45	19:55 Kehonhuolto 45			
19:55 BodyBalance 60						