

ZONE SPORT SERVICES INSTRUCTED GROUP CLASSES

AUTUMN 2023

MON

15.30
Water Circuit
Myllypuro

16.30
Kettlebell
Myllypuro/LS

16.30
Functional
Training
Tikkurila

17.00
Full Body
Workout
Myyrmäki

17.30
Pilates
Myllypuro/LS

17.30
Gym
Tikkurila

18.10
Neck & Back
Myyrmäki

18.40
Yin Yoga
Myllypuro/LS

TUE

17.30
Gym
Myllypuro

17.30
Jamaican Street
Dancehall
Myllypuro

18.45
Full Body
Workout
Myllypuro/LS

WED

16.10
Dance Mix
Pasila

17.00
Flow Yoga
Pasila

18.00
Acrobatics
Myllypuro

18.15
Functional
Training
LS

THU

17.00
Fitness
Kickboxing
Myllypuro

18.15
DanceMix
Myllypuro/LS

19.10
Body Care &
Mobility
Myllypuro/LS

FRI

9.00
Gentle Full Body
Workout
Myllypuro/LS

10.00
Water Circuit
Myllypuro

**READ MORE ABOUT
THE SERVICES AND GET YOUR
OWN ZONE SPORT PASS**

WWW.ZONESPORTS.FI

Changes to the schedule may occur.

*LS, Live Streaming