**WEEK PROGRAM IN KUNTOLAAKSO IN SPRING 2023**

**MONDAY**   
06:30-7:30 Body constitution`s measuring ♥  
12:00-12:30 Water exercises (low 9) ♥  
17:15-18:00 Gym guidance ♥ **TUESDAY**  
06:30-07:30 Body constitution`s measuring ♥  
13:05-13:35 Water exercises (multifunct.pool) ♥   
  
**WEDNESDAY**08:00-09:00 Body constitution`s measuring ♥  
15:00-15:30 Body constitution`s measuring ♥  
18:00-18:30 Water exercises (deep jump.pool) ♥

* Water exercise group for those, who bought a seasonal ticket. Registration is required.  
  Registration and additional information: liikkuvakuopio.fi/ohjattu-liikunta. (no exercises in week number 10.)
* Open for anyone, guided by Kuntolaakso`s instructors. No need to register. Bracelet for swimming is required.
* Open for everyone guidance by Kuntolaakso`s instructors. Registration at the cash desk after arriving. Guidance included in the gym`s fee.
* Body constitution`s measuring.

Reservation by e-mail: kuntolaakso(a)kuopio.fi Price 20 €.

* Open for everyone water run guidance by Kuntolaakso`s instructors. Registration at the controlling desk. Guidance included in the swimming fee.
* Functional exercises in the mirror hall by Kuntolaakso`s instructors. Gym bracelet is required. **Registration at the latest 2h before the beginning by phone number 044 718 2523!** Participants: min. 5 persons, max. 10 persons.

**THURSDAY**

08:00-09:00 Body constitution`s measuring ♥  
17:30-18:30 Functional exercises ♥

**FRIDAY**

06:45-07:15 Water exercises (low 0 + 1) ♥16:00-16:30 Water run guidance ♥

**SATURDAY**

14:00-14:30 Water exercises (low 0 + 1) ♥