

WEEK PROGRAM IN KUNTOLAAKSO IN SPRING 2024

Monday

06:30-7:30	Body constitution`s measuring	💖
12:00-12:30	Water exercises (low 9)	💙

Tuesday

06:30-07:30	Body constitution`s measuring	💖
08:15-9:00	Gym guidance	💖

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)	💙

Thursday

08:00-09:00	Body constitution`s measuring	💖
10:00-10:45	Gym guidance	💖

Friday

06:45-07:15 Water exercises (low 0 + 1)

Saturday

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

Sunday

13:00-13:30 Water exercises (deep jump.pool) ❤️

Moreover

We offer swimming and water jogging guidance when asked. Feel free to tug the lifeguard by the sleeve!

- 💙 Open for anyone, guided by Kuntolaakso`s instructors. No need to register. Bracelet for swimming is required.
- ❤️ Counseling open to all by Kuntolaakso swimming instructors. Registering with the swimming control number 0447182523. Counseling is included in the price of the gym fee.
- 💖 Body constitution`s measuring. Reservation by e-mail: kuntolaakso(a)kuopio.fi Price 20 €.

Notice!

Weekly exercise times are for these dates:
8.1.2024 - 31.5.2024.
Timetables may change or have cancellations.

