

TEMPO CLASSES FOR MEMBERS OF LUT SPORTS SERVICES

HERE'S HOW:

Go to Tempo's group workout, and inform the gym instructor your name and that you are a member of LUT Sports services. Also show your student card. The instructor will write down your name. You do not need to register for workouts in advance.

Descriptions and more information (in Finnish): www.liikuntaseuratempo.fi

TEMPO WORKOUTS

2023-2024

**M
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| | | |
|-------------|-----------------------------------|--------------------------|
| 9.30-10.30 | Hatha yoga /Marja | Kuntotalo mirror hall |
| 14.00-15.00 | Dance exercise /Marja | Kouvola-talo mirror hall |
| 17.00-18.00 | Body workout / Galina | Kalliosuoja mirror hall |
| 18.15-19.15 | Body workout/Karoliina K. | Nappa day care center |
| 19.15-20.00 | Stretching /Karoliina K. | Nappa day care center |
| 18.15-19.00 | Kunnon Naiset Body workout/Maarit | Vahtero school |
| 19.00-19.45 | Kunnon Naiset Stretching /Maarit | Vahtero school |

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|-------------|--------------------------------------|-----------------------------|
| 13.45-14.30 | Stretching /Teija | Kuntotalo mirror hall |
| 18.00-19.00 | Movement control training/Maarit | Kuusankoskitalo mirror hall |
| 19.45-20.45 | Movement control train./Karoliina V. | Kuntotalo mirror hall |

**W
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|-------------|--------------------------------|-------------------------|
| 9.30-10.30 | Body workout+stretching /Jossu | Kuntotalo mirror hall |
| 11.00-11.45 | Dance exercise /Marja | Kalliosuoja mirror hall |
| 18.30-19.30 | Body workout/ Karoliina K | Kalliosuoja mirror hall |
| 18.30-19.30 | Yin yoga /Hanna | Kuntotalo mirror hall |
| 19.00-20.00 | Dance workout Latino /Marika | Kaunisnurmi school |

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|-------------|----------------------------|---------------------------------|
| 13.00-14.00 | GymCircuit/peer instructor | Swimming hall/Lyseo gym |
| 18.00-19.00 | Kettle bell /Riikka | Eduko (<i>Utinkatu 44-48</i>) |
| 18.00-19.00 | Body workout /Galina | Kalliosuoja mirror hall |

**F
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|-------------|---------------------------------|--------------------------|
| 11.00-11.45 | Body workout/Maarit | Kouvola-talo mirror hall |
| 11.50-12.35 | Movement contr. training/Maarit | Kouvola-talo mirror hall |
| 17.15-18.00 | Dance workout MIX/Jossu | Kuntotalo mirror hall |

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| | Kouvola-talo dance hall | |
| 17.30-18.15 | Dance/Flow/Piia & Kaisa | |
| 18.15-19.00 | Dynamic stretching/Piia & Kaisa | |

Kouvolan liikunta- ja voimisteluseura

Tempo
since 1900

Tervetuloa liikkumaan #justsulle sopivassa tempossa