

STUDENTS! LUT MOVEO PROVIDES YOU WORKOUT FOR FREE!

HERE'S HOW:

Go to Tempo's workout, and inform the gym instructor your name and that you have a LUT Moveo-membership. Show your student card when asked.

You do not need to register for workouts in advance.

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

TEMPO WORKOUTS

SPRING 25

**M
O
N**

9.30-10.15	STB i.e. stomach/thigh/buttock/Jossu	Kuntotalo mirror hall
18.00-18.45	Kunnon Naiset Body workout/Maarit	Sarkola school (H-door)
18.50-19.35	Kunnon Naiset Stretching /Maarit	Sarkola school (H-door)
18.30-19.15	Body workout/Karoliina K.	Nappa day care center
19.15-20.00	FasciaMethod body care /Karoliina K.	Nappa day care center

**T
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E**

9.00-10.00	Pilates /Suvi-Maria	Kouvola-talo mirror hall
13.45-14.30	Back exercise / Teija* not 11.3..!	Kuntotalo mirror hall
18.00-19.00	Pilates /Suvi-Maria	Kuusankoskitalo mirror hall

**W
E
D**

9.30-10.30	Pilates /Suvi-Maria	Kalliosuoja mirror hall
13.30-14.30	Keep-fit exercise /Eija-Riitta	Kuntotalo mirror hall
17.30-18.30	Dance workout/ Marika	Studio Dance Pit, hall 3
19.00-20.00	Shakta yoga /Hanna	Kaunisnurmi school

**T
H
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9.15-10.00	Dynamic stretching/Jossu	Kouvola-talo mirror hall
18.00-19.00	Kettle bell /Riikka	Eduko (<i>Utinkatu 44-48</i>)
18.00-19.00	Body workout /Karoliina K.	Kalliosuoja mirror hall
18.00-19.00	Yin yoga /Hanna	Oppikuja school (Yhteiskoulu white building)

**F
R
I**

11.00-11.45	Body workout/Maarit	Kouvola-talo mirror hall
11.50-12.35	Movement contr. training/Maarit	Kouvola-talo mirror hall
17.00-18.00	Dance workout Latinomix/Tanja	Kuntotalo mirror hall

**S
U
N**

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