

VAKIOVUOROT / TATAMIALUE 1.9.2025

Kuopion Liikunta- ja Kampailukeskus LIIKE

	Maanantai				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
8:30					
9:00					
9:30					
10:00					
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16:30					
17:00	17-18.30	17-18.30	17-18.30	17-18.30	17-18.30
17:30					
18:00					
18:30					
19:00	18.30-20	18.30-20	18.30-20	18.30-20	18.30-20
19:30					
20:00					
20:30		20-21.30		20-21.30	
21:00					
21:30					

	Tiistai				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
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10:00	10-11.30				
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16:30					
17:00	17-18.30	17.30-18.30	17-18.30	17-18.30	17-18.30
17:30					
18:00					
18:30	18.30-20	18.30-20	18.30-20	18.30-20	18.30-20
19:00					
19:30					
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21:30					

	Keskiviikko				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
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16:00					
16:30					
17:00	17-18	17-19.30	17-18.30	17-18.30	17-18.30
17:30					
18:00	18-19.30		18.30-20	18.30-20	18.30-20
18:30					
19:00	19.30-21	19.30-21	20-21.30		
19:30					
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21:30					

	Torstai				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
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10:00	10-11.30				
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17:00	17-18.30	17-18.30	17-18.30	17-18.30	17-18.30
17:30					
18:00					
18:30	18.30-20	18.30-20	18.30-20	18.30-20	18.30-20
19:00					
19:30					
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20:30					
21:00					
21:30					

	Perjantai				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
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14:30					
15:00					
15:30			15.30-17	15.30-17	16-18
16:00					
16:30					
17:00	17-18.30	17.30-19	17-18.30	18-19.30	
17:30					
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21:30					

	Lauantai				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
8:30					
9:00					
9:30					
10:00		10-11			
10:30					
11:00		11-12			
11:30			11-12.30	11-12.30	11-12.30
12:00					
12:30		12-13.30		12.30-14	
13:00					
13:30					
14:00		13.30-15			
14:30					
15:00		15-16.30			
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	Sunnuntai				
	L 1	L 2	L 3	L 4	PYSTY
8:00					
8:30					
9:00					
9:30			9.30-11		
10:00					
10:30					
11:00					
11:30					
12:00	12-13	12-13	12-13.30	12-13	
12:30					
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14:00					
14:30					
15:00			15-16.30	15.30-17	
15:30					
16:00					
16:30					
17:00					17-18
17:30	17.30-19	18-19	18-19.30	18-19	
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20:30					
21:00					
21:30					



- GLADIATOR FACTORY
- JUDO
- JU-JUTSU
- KARATE
- TAEKWONDO
- MUU