

KEVÄT 2.1.2024



STAGE

Maanantai	Tiistai	Keskiviikko	Torstai	Perjantai	Lauantai	Sunnuntai
	7:00 BODYPUMP@ 45					
10:40 BODYPUMP@ 45	10:45 BODYCOMBAT@ 60			10:45 BODYPUMP@ 45	11:00 BODYATTACK@ 45 11:55 BODYPUMP@ 60	11:15 BODYPUMP@ 60
				15:45 BODYPUMP@ 45 16:40 BODYATTACK@ 60		
16:25 BODYCOMBAT@ 60	16:30 BODYPUMP@ 60	16:30 BODYATTACK@ 45				
17:35 BODYPUMP@ 60	17:45 BODYATTACK@ 45	17:30 BODYPUMP@ 60	17:00 BODYSTEP@ 60			16:05 BODYSTEP@ 45
18:45 BODYJAM@ 60	18:35 BODYSTEP@ 45		18:10 BODYCOMBAT@ 60			17:05 BODYCOMBAT@ 60 18:15 BODYPUMP@ 60

FUNCTIONAL STUDIO

7:00 GRIT@ STRENGTH 30				9:30 AirYoga 60							
		10:40 LES MILLS CORE™ 45		11:00 Functional Fitness 45			11:15 GRIT@ STRENGTH 30				
							12:00 LES MILLS CORE™45				
16:35 Superbooty 30	16:10 GRIT@ STRENGTH 30	16:20 LES MILLS CORE™ 30			16:00 Superbooty 30						
17:10 GRIT@ CARDIO 30	16:50 LES MILLS CORE™ 45	YKSITYISVARAUS	16:50 Upper Body 30	16:45 Functional Fitness 45				17:00 LES MILLS CORE™30			
17:55 Functional Fitness 45	17:50 Upper Body 30	18:10 BODYJAM@ 60	17:30 GRIT@ STRENGTH 30					17:40 GRIT@ ATHLETIC 30			
	18:30 AirYoga 60	19:15 Functional Fitness 45						18:20 AirYoga 60			

TRIP STUDIO

07:45 THE TRIP® 40 VIRTUAL	7:15 THE TRIP® 40 VIRTUAL	8:15 THE TRIP® 40 VIRTUAL			7:30 THE TRIP®	8:15 THE TRIP® 40 VIRTUAL	8:30 THE TRIP® 40 VIRTUAL				
9:45 THE TRIP® 40	9:45 THE TRIP® 40 VIRTUAL	10:15 THE TRIP® 40 VIRTUAL	10:00 THE TRIP® 40 VIRTUAL	10:30 THE TRIP® 40 VIRTUAL	10:00 THE TRIP® 40	10:15 THE TRIP® 40	10:15 THE TRIP® 40				
11:50 THE TRIP® 40 VIRTUAL		11:40 THE TRIP® 40				11:00 RPM@ 45	11:15 THE TRIP® 40 VIRTUAL				
	11:15 THE TRIP® 40 VIRTUAL			11:55 THE TRIP® 40 VIRTUAL		12:00 SPRINT™ 30					
					11:40 THE TRIP®	13:00 THE TRIP® 40					
15:15 THE TRIP® 40 VIRTUAL	15:00 THE TRIP® 40 VIRTUAL			14:45 RPM@ 45 VIRTUAL							
16:20 THE TRIP® 40	16:00 THE TRIP® 40 VIRTUAL	16:00 THE TRIP® 40 VIRTUAL	16:00 THE TRIP® 40	16:00 THE TRIP® 40	16:45 THE TRIP® 40	16:00 THE TRIP® 40 VIRTUAL	16:10 THE TRIP® 40				
17:10 RPM@ 45	17:00 SPRINT™ 30	17:00 THE TRIP® 40	17:00 THE TRIP® 40	17:30 SPRINT™ 30	17:45 RPM@ 45 VIRTUAL		17:00 THE TRIP® 40 VIRTUAL				
18:05 SPRINT™ 30	17:40 THE TRIP® 40	17:50 RPM@ 45	18:10 THE TRIP® 40	18:45 THE TRIP® 40 VIRTUAL			18:00 THE TRIP® 40 VIRTUAL				
18:50 THE TRIP® 40	18:30 Cardioride 60	18:45 THE TRIP® 40	19:05 THE TRIP® 40 VIRTUAL								
	19:50 THE TRIP® 40 VIRTUAL										

HOT STUDIO

		7:00 BODYBALANCE@ 60									
		9:30 HotYoga60									
10:40 BODYBALANCE@ 60					10:30 HotFlowYoga 60	10:45 HotPilates 60					
	12:00 HotYinYoga 60			11:55 HotPilates 45		11:55 BODYBALANCE@ 60	11:30 HotFlowYoga 75				
							13:00 HotYinYoga 75				
16:40 HotFlowYoga 60	17:00 HotFlowYoga 75	17:25 BODYBALANCE@ 45	17:00 BODYBALANCE@ 60	16:45 HotYinYoga 75			17:00 BODYBALANCE@ 60				
17:50 HotPilates 45	18:35 BODYBALANCE@ 60	18:20 HotFlowYoga 60	18:10 HotPowerYoga 60				18:15 HotYinYoga 90				
18:45 HotStretching 30	19:40 HotYinYoga 60	19:25 HotYinYoga 60	19:20 HotStretching 45								

Tunnin ohjaajat löytyvät MyEsporstista

Esport pidättää oikeudet muutoksiin.