



SYKSY 4.9.2023-

STAGE

Maanantai		Tiistai		Keskiviikko		Torstai		Perjantai		Lauantai		Sunnuntai	
		7:00	BODYCOMBAT® 60 VIRTUAL			7:15	BODYPUMP® 60 VIRTUAL						
								8:20	LES MILLS CORE™ 45 VIRTUAL				
10:00	BODYCOMBAT® 45 VIRTUAL	9:30	BODYPUMP® 60 VIRTUAL										
11:00	BODYPUMP® 45	10:45	BODYCOMBAT® 60	10:15	SH'BAM® 45 VIRTUAL	10:30	BODYPUMP® 60 VIRTUAL	10:45	BODYPUMP® 45	10:45	BODYATTACK® 60	11:15	BODYPUMP® 60
				11:15	BODYPUMP® 60 VIRTUAL			11:45	SH'BAM® 45 VIRTUAL	11:55	BODYPUMP® 60	12:30	BODYCOMBAT® 60 VIRTUAL
										13:15	BODYCOMBAT® 60 VIRTUAL		
15:40	LES MILLS CORE™ 30 VIRTUAL	15:10	BODYCOMBAT® 60 VIRTUAL	15:45	GRIT® STRENGTH 30VIRTUAL			15:45	BODYPUMP® 45				
16:25	BODYCOMBAT® 60	16:30	BODYPUMP® 60	16:30	BODYATTACK® 45	16:00	LES MILLS CORE™ 45 VIRTUAL	16:40	BODYATTACK® 60				
17:35	BODYPUMP® 60	17:45	BODYATTACK® 45	17:30	BODYPUMP® 60	17:00	BODYSTEP® 60	17:55	BODYCOMBAT® 60 VIRTUAL			16:05	BODYSTEP® 45
18:45	BODYJAM® 60	18:35	BODYSTEP® 45	18:45	BODYCOMBAT® 45	18:10	BODYCOMBAT® 60					17:05	BODYCOMBAT® 60
19:55	BODYBALANCE® VIRTUAL	19:30	BODYPUMP® 45 VIRTUAL	19:45	LES MILLS CORE™ 30 VIRTUAL	19:20	BODYPUMP® 60					18:15	BODYPUMP® 60

FUNCTIONAL STUDIO

7:00	GRIT® STRENGTH 30												
						9:30	AirYoga 60						
				10:30	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	16:45	UPPER BODY 30 UUTUUS!	16:45	Functional Fitness 45			17:00	LES MILLS CORE™ 30
17:55	Functional Fitness 45	17:50	UPPER BODY 30 UUTUUS!	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

08:00	THE TRIP® 40 VIRTUAL	7:15	THE TRIP® 40 VIRTUAL	8:15	THE TRIP® 40 VIRTUAL	7:45	THE TRIP® 40 VIRTUAL	7:30	THE TRIP®				
10:00	THE TRIP® 40 VIRTUAL	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
11:55	THE TRIP® 40			11:30	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												
16:20	THE TRIP® 40	16:10	THE TRIP® 40	16:00	THE TRIP® 40 VIRTUAL	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	17:30	SPRINT™ 30	17:45	RPM® 45 VIRTUAL			17:15	THE TRIP® 40
18:05	SPRINT™ 30	17:40	THE TRIP® 40	17:50	RPM® 45	18:10	THE TRIP® 40	18:45	THE TRIP® 40 VIRTUAL			18:15	THE TRIP® 40 VIRTUAL
18:50	THE TRIP® 40	18:30	Cardioride 60	18:45	THE TRIP® 40	19:05	THE TRIP® 40 VIRTUAL						
19:45	THE TRIP® 40 VIRTUAL	19:50	THE TRIP® 40 VIRTUAL										

HOT STUDIO

				7:00	BODYBALANCE® 60								
				9:15	HotYoga60								
10:40	BODYBALANCE® 60							10:30	HotFlowYoga 60	10:45	HotPilates 60		
		12:00	HotYinYoga 60			11:55	HotStretching 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 MyEsportista

Esport pidättää oikeudet muutoksiin.