

AIKATAULU ESPORT CENTER

4.9.-31.12.2023

SALI 1



maanantai		tiistai		keskiviikko		torstai		perjantai		lauantai		sunnuntai	
				7:00	BODYPUMP® 45					9:15	EsportEasy 60	9:30	BODYPUMP® 60
9:15	EsportEasy 60	9:15	BODYPUMP® 60	9:15	EsportShape 60	9:15	BODYPUMP® 60	9:30	EsportEasy 45	10:25	BODYPUMP® 60	10:40	EsportShape 60
10:30	Pilates 60	10:25	BODYCOMBAT® 60	10:25	EsportEasy 45			10:25	BODYBALANCE® 60	11:35	BODYATTACK® 60	11:50	Pilates 60
										12:45	BODYCOMBAT® 60		
15:30	BODYPUMP® 60	16:00	BODYPUMP® 60					15:20	BODYPUMP® 60				
16:45	BODYCOMBAT® 60	17:10	DANCE 45	16:40	BODYSTEP® 60	16:40	BODYPUMP® 60 RetroMix	16:30	BODYCOMBAT® 60			17:10	BODYJAM® 60
17:55	EsportEasy 60	18:05	BODYSTEP® 60	17:50	BODYPUMP® 60	17:50	BODYJAM® 60	17:40	Zumba 75			18:20	BODYCOMBAT® 60
19:00	BODYATTACK® 60	19:15	BODYPUMP® 60 RetroMix	19:00	BODYCOMBAT® 60	19:00	BODYCOMBAT® 60					19:30	BODYPUMP® 60

SALI 2

						9:15	SuperBooty 30			9:30	World Jumping® 45		
		9:50	Core 30			9:50	Upper Body 30			10:25	Upper Body 30	10:40	Liikkuvuusharjoittelu 60
		10:25	Upper Body 30	11:15	Pilates 60	10:25	Core-Stretching 60	10:20	BODYCOMBAT® 60	11:00	LES MILLS CORE™ 45	11:50	BODYSTEP® 60
										12:40	Stretching 60		
16:35	Core 30	17:10	BODYATTACK® 45	17:00	EsportEasy 45			16:30	SuperBooty 30				
17:10	SuperBooty 30	18:00	Core 30	17:50	LES MILLS CORE™ 30	17:35	World Jumping® 45	17:05	Upper Body 30				
17:50	World Jumping® 30	18:35	Upper Body 30	18:25	SHBAM® 45	18:30	Step 60	17:40	LES MILLS CORE™ 30			17:45	LES MILLS CORE™ 30
18:25	LES MILLS CORE™ 30	19:15	BODYBALANCE® 60	19:15	Pilates 60							18:25	BODYBALANCE® 60

TRIP STUDIO

7:00	MorningRide 45	7:00	THE TRIP® 40	7:00	THE TRIP® 40	7:00	THE TRIP® 40	7:00	MorningRide 45	8:15	THE TRIP® 40 VIRTUAL	8:15	THE TRIP® 40 VIRTUAL
8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	9:25	THE TRIP® 40	9:30	CardioRide 60
9:30	THE TRIP® 40	9:00	THE TRIP® 40	9:30	THE TRIP® 40	10:30	THE TRIP® 40	9:15	THE TRIP® 40	10:20	CardioRide 60	10:45	THE TRIP® 40
11:30	THE TRIP® 40 VIRTUAL	10:30	THE TRIP® 40 VIRTUAL	11:00	THE TRIP® 40 VIRTUAL	11:30	RPM® 45 VIRTUAL	10:30	THE TRIP® 40 VIRTUAL	11:45	THE TRIP® 40	12:00	THE TRIP® 40
12:30	THE TRIP® 40 VIRTUAL	11:30	RPM® 45 VIRTUAL	12:00	RPM® 45 VIRTUAL	12:30	THE TRIP® 40 VIRTUAL	11:30	THE TRIP® 40 VIRTUAL	12:50	THE TRIP® 40 VIRTUAL	13:00	RPM® 45 VIRTUAL
										13:40	THE TRIP® 40 VIRTUAL	14:00	THE TRIP® 40 VIRTUAL
14:00	SPRINT™ 30 VIRTUAL	14:15	RPM® 45 VIRTUAL	14:30	RPM® 45 VIRTUAL	14:00	THE TRIP® 40 VIRTUAL	15:00	THE TRIP® 40 VIRTUAL	14:30	THE TRIP® 40 VIRTUAL	15:00	THE TRIP® 40 VIRTUAL
14:45	RPM® 45 VIRTUAL	15:15	THE TRIP® 40 VIRTUAL	15:30	THE TRIP® 40 VIRTUAL	15:00	THE TRIP® 40 VIRTUAL	16:00	SPRINT™ 30 VIRTUAL	15:30	THE TRIP® 40 VIRTUAL	16:00	THE TRIP® 40 VIRTUAL
15:45	THE TRIP® 40 VIRTUAL	16:15	THE TRIP® 40 VIRTUAL	16:45	CardioRide 60	16:00	SPRINT™ 30	16:45	RPM® 45			17:00	THE TRIP® 40
16:40	THE TRIP® 40	17:15	RPM® 45	18:05	THE TRIP® 40	16:45	THE TRIP® 40	17:45	THE TRIP® 40			18:00	THE TRIP® 40 VIRTUAL
17:55	SPRINT™ 30	18:15	THE TRIP® 40	18:55	THE TRIP® 40	17:50	CardioRide 60	18:40	THE TRIP® 40 VIRTUAL			19:00	THE TRIP® 40 VIRTUAL
18:40	THE TRIP® 40	19:15	SPRINT™ 30	19:45	SPRINT™ 30 VIRTUAL	19:00	THE TRIP® 40						
19:30	THE TRIP® 40 VIRTUAL	20:00	THE TRIP® 40 VIRTUAL			19:50	THE TRIP® 40 VIRTUAL						

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

		7:00	BODYBALANCE® 60			7:00	HotFlowYoga 60			9:00	AstangaYoga 75 (ei lämmitystä)	9:45	HotFlowYoga 60
10:30	HotYoga 75	11:40	HotYinYoga 75	10:25	HotFlowYoga 60	11:30	HotYinYoga 90			10:30	BODYBALANCE® 60	10:55	HotYinYoga 75
										11:40	HotYoga 60		
16:30	YinYoga 75 (ei lämmitystä)												
17:55	HotFlowYoga 60	16:40	HotStretching 60	16:30	BODYBALANCE® 60	17:20	Pilates 60 (ei lämmitystä)	16:30	Fascia Kehonhuolto 45				
19:05	HotPilates 60	17:50	HotYoga 75	17:40	HotPowerYoga 60	18:30	BODYBALANCE® 60	17:25	HotYinYoga 75			17:35	HotStretching 45
20:10	HotStretching 45	19:15	HotYinYoga 75	18:50	HotYinYoga 75	19:35	HotFlowYoga 60					18:30	HotFlowYoga 75

ARENA-SALI, TRIMMI, KAMPPAILUKESKUS

		9:30	Trimmi 45					7:00	Kettlebell 50	12:00	BODYPUMP® 60	11:00	Trimmi 45
17:00	Trimmi 45	17:00	Functional Fitness 45			16:25	Trimmi 45						
18:00	BODYPUMP® 60	17:10	Trimmi 45	17:50	Kettlebell 50	17:15	KickBoxing 60	17:45	Trimmi 45				
19:05	Functional Fitness 60	18:05	Core-Stretching 60	18:00	Trimmi 45	17:40	BODYPUMP® 60					17:00	BODYPUMP® 60
		19:15	Boxing 60			18:45	Functional Fitness 60					18:30	Kettlebell 50

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeudet muutoksiin.