

AIKATAULU ESPORT CENTER

2.1.-26.5.2024



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 EsportEasy 45	10:30 Core-Stretching 60	10:25 BODYBALANCE@ 60	11:35 BODYATTACK@ 60	11:50 Pilates 60
		11:15 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		17:15 BODYJAM@ 60
17:55 EsportEasy 60	18:05 BODYSTEP@ 60	17:50 BODYPUMP@ 60	17:50 BODYJAM@ 60	17:40 Zumba 75		18:25 BODYCOMBAT@ 60
19:00 BODYATTACK@ 60	19:15 BODYPUMP@ 60 RetroMix	19:00 BODYCOMBAT@ 60	18:55 BODYCOMBAT@ 60			19:30 BODYPUMP@ 60

SALI 2

10:30 BODYCOMBAT@ 60	10:20 Core 30		9:15 SuperBooty 30		9:30 World Jumping@ 45	10:40 Liikkuvuusharjoittelu 60
	11:00 Upper Body 30		9:50 Upper Body 30	10:20 BODYCOMBAT@ 60	10:25 Upper Body 30	11:50 BODYSTEP@ 60
					11:00 LES MILLS CORE™ 45	
15:55 Upper Body 30					12:40 Stretching 60	
16:35 Core 30	17:10 BODYATTACK@ 45	17:00 EsportEasy 45				
17:10 SuperBooty 30	18:00 Core 30	17:50 LES MILLS CORE™ 30	16:55 Upper Body 30	16:25 SuperBooty 30		
17:50 World Jumping@ 30	18:35 Upper Body 30	18:25 Les Mills Dance@ 45 UUTUUS! (alk. 17.1.)	17:35 World Jumping@ 45	17:05 Upper Body 30		17:45 LES MILLS CORE™ 30
18:25 LES MILLS CORE™ 30	19:15 BODYBALANCE@ 60	19:15 Pilates 60	18:30 Step 60	17:45 LES MILLS CORE™ 30		18:25 BODYBALANCE@ 60

TRIP STUDIO

7:00 MorningRide 45	7:00 THE TRIP® 40	7:00 THE TRIP® 40 VIRTUAL	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 VIRTUAL	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	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 SPRINT™ 30 VIRTUAL
					13:40 THE TRIP® 40 VIRTUAL	14:00 THE TRIP® 40 VIRTUAL
14:00 SPRINT™ 30 VIRTUAL	14:15 THE TRIP® 40 VIRTUAL	14:30 THE TRIP® 40 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	16:45 CardioRide 60	16:00 SPRINT™ 30 VIRTUAL	16:45 RPM® 45		17:00 THE TRIP® 40
16:45 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 SPRINT™ 30 VIRTUAL
18:40 THE TRIP® 40	19:15 THE TRIP® 40 VIRTUAL	19:45 SPRINT™ 30 VIRTUAL	19:00 THE TRIP® 40			
19:30 THE TRIP® 40 VIRTUAL	20:10 SPRINT™ 30 VIRTUAL					

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

	7:00 BODYBALANCE@ 60				10:30 BODYBALANCE@ 60	9:45 HotFlowYoga 60
10:30 HotYoga 75	11:40 HotYinYoga 75	10:25 HotFlowYoga 60	11:30 HotYinYoga 90		11:40 HotYoga 60	10:55 HotYinYoga 75
16:30 YinYoga 75 (ei lämmitystä)				15:00 AstangaYoga 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 Core-Stretching 60	17:50 Kettlebell 50	17:15 KickBoxing 60	17:45 Trimmi 45		
19:05 Functional Fitness 60	18:20 Trimmi 45	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.