

AIKATAULU ESPORT BRISTOL

KESÄ 29.5-25.6

STAGE



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						8:45	LES MILLS CORE™ 30 VIRTUAL						
8:00	BODYBALANCE® 45 VIRTUAL												
		9:30	BODYPUMP® 45 VIRTUAL	10:00	BODYCOMBAT® 60 VIRTUAL			10:45	BODYPUMP® 45				
11:00	BODYPUMP® 45	10:45	BODYCOMBAT® 60	11:15	BODYPUMP® 45 VIRTUAL			11:45	SH'BAM® 45 VIRTUAL	10:45	BODYATTACK® 60	11:00	GRIT® CARDIO 30 VIRTUAL
										12:00	BODYPUMP® 60	11:45	LES MILLS CORE™ 30 VIRTUAL
15:30	LES MILLS CORE™ 30 VIRTUAL			15:30	BODYCOMBAT® 60 VIRTUAL	15:20	LES MILLS CORE™ 30 VIRTUAL	15:45	BODYPUMP® 45				
16:20	BODYSTEP® 60	16:30	BODYCOMBAT® 60	16:45	BODYATTACK® 45	16:00	BODYPUMP® 60	16:40	BODYATTACK® 60				
17:30	BODYPUMP® 60	17:40	BODYPUMP® 60	17:40	BODYPUMP® 45	17:05	BODYSTEP® 60	17.50	BODYCOMBAT® 60				
18:40	BODYJAM® 60	18:50	BODYATTACK® 45	18:45	GRIT® CARDIO 30 VIRTUAL	18:10	BODYCOMBAT® 60					17:05	BODYCOMBAT® 60
		19:45	BODYBALANCE® 45 VIRTUAL	19:25	LES MILLS CORE™ 30 VIRTUAL	19:20	BODYPUMP® 60 VIRTUAL					18:15	BODYPUMP®

FUNCTIONAL STUDIO

7:15	GRIT® STRENGTH 30											
									10:30	GRIT® STRENGTH 30	11:45	Functional Fitness 60
						11:40	Functional Fitness 45					
16:40	GRIT® CARDIO 30			16:20	LES MILLS CORE™ 30						16:15	LES MILLS CORE™ 45
17:15	SuperBooty 30	17:10	GRIT® STRENGTH 30			17:15	GRIT® STRENGTH 30	16:50	Functional Fitness 45			
17:55	Functional Fitness 45	17:50	LES MILLS CORE™ 45	18:10	BODYJAM® 60	17:55	SH'BAM® 45					

TRIP STUDIO

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

HOT STUDIO

				7:00	BODYBALANCE® 60								
						9:30	HotFlowYoga 60					11:30	FlowYoga 90
				9:15	HotYoga60			10:30	HotFlowYoga 60	11:15	BODYBALANCE® 60	13:15	HotYinYoga 90
		12:00	HotYinYoga 75										
16:45	HotFlowYoga 60					17:20	FlowYoga 60						
17:55	Pilates 45	17:15	HotYinYoga 75	18:10	FlowYoga 60	18:30	BODYBALANCE® 60	16:45	BODYBALANCE® 60				
18:50	BODYBALANCE® 60	18:45	HotFlowYoga 75	19:20	HotYinYoga 60							18:15	HotYinYoga 90