

AIKATAULU ESPORT CENTER

27.5.-25.8.2019

SALI 1



maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
9:15 EsportEasy 60	9:15 BodyCombat* 60	7:00 BodyPump* 45	9:15 BodyPump* 60	9:15 EsportShape 60	9:15 EsportEasy 60	9:30 BodyPump* 60
10:25 Pilates 60	10:25 BodyPump* 60	9:15 EsportShape 60	10:25 EsportEasy 45	10:20 BodyBalance* 60	10:25 BodyPump* 60	10:40 EsportShape 60
		10:25 EsportEasy 60			11:30 BodyAttack* 60	
					12:40 BodyCombat* 60	
15:20 BodyPump* 60						
16:45 BodyCombat* 60	17:15 BodyAttack* 45	17:05 GRIT@Strength 30	16:40 BodyPump* 60	15:20 BodyPump* 60		17:10 BodyJam* 60
17:50 EsportEasy 60	18:10 BodyStep* 60	17:45 BodyPump* 60	17:50 EsportEasy 60	16:30 BodyCombat* 60		18:20 BodyCombat* 60
19:00 BodyAttack* 60	19:15 BodyPump* 60	19:00 BodyCombat* 60	18:55 Latin Dance Party			19:30 BodyPump* 60

SALI 2

			7:00 Tone* 45			10:40 Barre@ 45
	10:25 Pilates 60		10:25 Core-Stretching 60	10:25 World Jumping@ 45	11:35 Stretching 60	11:55 Pilates 60
17:50 SuperBooty 30	16:30 CXworx* 30	17:00 EsportEasy 45	16:45 Pilates 60			
18:25 CXworx* 30	17:05 Tabata 45	17:55 World Jumping@ Party 45	17:55 World Jumping@ 45	17:00 EsportEasy 45		17:40 CXworx* 30
19:05 Step 60	18:10 SuperBooty 30	18:50 Pilates 60	18:50 Barre@ 30			18:20 BodyBalance* 60

SPINNING

7:00 MorningRide 45					10:20 CardioRide 60	10:40 CardioRide 60
17:55 SPRINT™ 30	17:10 RPM* 50	17:20 CardioRide 10 (tech.)	17:50 CardioRide 60	18:00 RPM* 50		
18:35 CardioRide 60		17:30 CardioRide 45				

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

			10:25 HotYoga 60	11:45 HotYinYoga 75	10:30 BodyBalance* 60	12:00 HotYinYoga 75
16:30 YinYoga 75 (ei lämmitystä)					12:45 HotStretching 45	
17:55 HotYoga 60	16:45 HotStretching 60	16:30 BodyBalance* 60	16:50 Yoga 60 (ei lämmitystä)			
19:05 HotPilates 60	17:50 HotFlowYoga 75	17:40 HotYinYoga 75	18:00 HotFlowYoga 75	16:25 HotYinYoga 75		17:35 HotStretching 45
20:15 HotStretching 45	19:15 HotYinYoga 75	19:00 HotYoga 60	19:30 BodyBalance* 60	17:50 HotPilates 60		18:30 HotFlowYoga 75

ARENA-SALI, TRIMMI, KAMPPAILUKESKUS

	9:30 Trimmi 45				10:30 Trimmi 45	11:55 Trimmi 45
17:20 Trimmi 45			17:40 Trimmi 10 (tech.)			
18:10 BodyPump* 60	18:00 Core-Stretching 60	18:00 Trimmi 45	17:50 Trimmi 45	16:45 Trimmi 45		
19:15 AirYoga 60	19:10 Trimmi 45	18:30 Kettlebell 50	18:55 BodyPump* 60			18:30 Kettlebell 50

(tech) = tekniikkaopastus ennen tunnin alkua

Näillä tunneilla tempo on normaalia tuntia rauhallisempi. Tunnit sopivat liikuntaa aloitteleville ja ikääntyville.