



maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
7:15 THE TRIP® 40	7:00 BODYSTEP® 45	7:00 BODYPUMP® 60	7:00 RPM® 50	7:00 BODYATTACK® 45	9:50 BODYPUMP® 60	10:00 BODYPUMP® 60
					10:55 BODYSTEP® 45	11:10 BODYATTACK® 60
	9:00 BODYPUMP® 60			10:40 THE TRIP® 40	12:45 SPRINT™ 30	12:20 SPRINT™ 30
11:00 CardioRide 30			11:00 THE TRIP® 40	11:30 BODYPUMP® 60	13:20 BODYPUMP® 60	
					14:30 THE TRIP® 40	
15:30 BODYCOMBAT® 45	15:30 BODYPUMP® 45	16:00 THE TRIP® 40	16:00 BODYPUMP® 45			
16:20 SH'BAM® 45	16:25 BODYCOMBAT® 60	16:55 BODYATTACK® 45	16:55 BODYSTEP® 60	15:30 BODYPUMP® 60		15:00 THE TRIP® 40
17:15 BODYPUMP® 60	17:35 BODYJAM® 60	17:45 BODYPUMP® 60	18:05 THE TRIP® 40	16:35 BODYATTACK® 60		16:00 BODYCOMBAT® 60
18:20 BODYSTEP® 60	18:50 BODYATTACK® 45	19:05 THE TRIP® 40	18:55 BODYATTACK® 30	17:45 BODYCOMBAT® 60		17:10 BODYPUMP® 60
19:30 THE TRIP® 40	19:40 THE TRIP® 40	20:05 BODYPUMP® 45				

FUNCTIONAL STUDIO

7:00 GRIT® STRENGTH 30			7:00 GRIT® ATHLETIC 30	7:00 LES MILLS BARRE® 30	10:10 GRIT® ATHLETIC 30	
				7:35 BODYBALANCE® 30	10:45 BODYATTACK® 60	
11:40 SuperBooty 30	11:00 LES MILLS BARRE® 30	11:15 Tabata 45			11:50 LES MILLS BARRE® 45	
	11:35 CXWORX® 30				12:40 CXWORX® 30	
16:25 GRIT® ATHLETIC 30	16:30 LES MILLS TONE® 45	15:45 BODYCOMBAT® 45	15:45 SuperBooty 30	16:15 SuperBooty 30		
17:00 CXWORX® 30	17:20 Tabata 45	17:00 LES MILLS BARRE® 45	16:20 Tabata 45	16:50 World Jumping® Party 45		16:30 GRIT® CARDIO 30
17:35 LES MILLS BARRE® 30	18:10 CXWORX® 30	18:00 AirYoga 60	17:10 BODYCOMBAT® 60	17:45 LES MILLS TONE® 45		18:20 AirYogaYin 60
18:10 BODYATTACK® 60	18:45 GRIT® STRENGTH 30	19:10 World Jumping® 45	18:20 GRIT® STRENGTH 30			
19:20 AirYoga 60						

HOT STUDIO

	07:15 BODYBALANCE® 60	07:15 HotFlowYoga 60	07:15 BODYBALANCE® 60		10:00 HotYoga 60	11:30 HotFlowYoga 90
9:30 HotYoga 60					11:05 BODYBALANCE® 60	13:15 HotYinYoga 90
	11:45 HotYinYoga 60	12:05 HotPilates 60		11:30 HotYoga 60	13:15 HotPilates 60	
15:50 HotPilates 60			16:25 Pilates 60 (ei lämmitystä)			
16:55 HotFlowYoga 75	16:25 AstangaYoga 75 (ei lämmitystä)	16:45 HotYinYoga 75	17:30 HotYoga 60	16:40 HotYoga 60		
18:15 HotYinYoga 60	17:45 HotYoga 60	18:05 HotYoga 60	18:35 AstangaYoga 60 (ei lämmitystä)	17:45 BODYBALANCE® 60		17:05 HotYoga 60
19:20 BODYBALANCE® 60	18:50 BODYBALANCE® 45 (ei lämmitystä)	19:10 HotFlowYoga 75	19:40 HotYinYoga 75			

Tuntien ohjaajat löytyvät MyEsporstista

Esporst pidättää oikeuden tehdä muutoksia aikatauluun.

Ma-pe klo 7-15.30 alkavat tunnit kuuluvat Bristol Day Cardiin