

# AIKATAULU ESPORT CENTER

1.1.-31.5.2020

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
		10:30 EsportEasy 60			11:35 BodyAttack* 60	11:50 Pilates 60
					12:40 BodyCombat* 60	
15:20 BodyPump* 60	15:30 BodyPump* 60		16:40 BodyPump* 60	15:20 BodyPump* 60		
16:45 BodyCombat* 60	17:15 BodyAttack* 45	17:05 GRIT@Strength 30	17:55 EsportEasy 60	16:30 BodyCombat* 60		17:10 BodyJam* 60
17:55 EsportEasy 60	18:05 BodyStep* 60	17:45 BodyPump* 60	19:00 Latin Dance Party 45	17:35 Tone* 45		18:20 BodyCombat* 60
19:00 BodyAttack* 60	19:15 BodyPump* 60	19:00 BodyCombat* 60	19:55 BodyPump* 45			19:30 BodyPump* 60

SALI 2

					9:15 Latin Dance Party 60	10:40 Barre@ 45
	10:25 Pilates 60		10:25 Core-Stretching 60		10:25 SuperBooty 30	
					11:40 Stretching 60	
16:40 BodyBalance* 60	16:35 CXworx* 30	16:55 EsportEasy 45	16:45 Pilates 60			
17:50 SuperBooty 30	17:10 World Jumping@ Party 45	17:45 CXworx* 30	17:55 World Jumping@ 45	17:40 CXworx* 30		
18:25 CXworx* 30	18:05 SuperBooty 30	18:20 Sh'bam@ 45	18:50 Barre@ 30	18:15 EsportEasy 45		17:40 CXworx* 30
19:05 Step 60		19:10 Pilates 60				18:20 BodyBalance* 60

TRIP STUDIO

7:00 MorningRide 45	7:15 The Trip* 40			7:00 MorningRide 45	10:15 CardioRide 60	9:45 The Trip* 40
10:00 The Trip* 40		9:15 CardioRide 60	9:30 The Trip* 40	9:15 The Trip* 40	11:45 The Trip* 40	10:45 CardioRide 60
					12:45 The Trip* 40	12:00 CardioRide 60
	16:10 RPM* 45	16:50 The Trip* 40				
16:50 The Trip* 40	17:10 The Trip* 40	17:40 CardioRide 10 (tech.)	16:50 CardioRide 60	16:40 RPM* 45		
17:55 SPRINT™ 30	18:05 The Trip* 40	17:50 CardioRide 45	18:00 The Trip* 40	17:45 The Trip* 40		16:45 The Trip* 40
18:35 CardioRide 60	18:55 The Trip* 40	19:00 The Trip* 40	18:50 RPM* 45	18:35 SPRINT™ 30		18:30 The Trip* 40

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

			7:00 BodyBalance* 60 (ei lämmitystä)		10:30 BodyBalance* 60	12:00 HotYinYoga 75
	12:45 HotYinYoga 75	10:25 HotYoga 60	11:45 HotYinYoga 90		11:40 HotYoga 60	
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)	16:25 HotYinYoga 75		
19:05 HotPilates 60	17:50 HotFlowYoga 75	17:40 HotYoga 60	18:00 HotFlowYoga 75	17:45 HotPilates 60		17:35 HotStretching 45
20:15 HotStretching 45	19:15 HotYinYoga 75	18:50 HotYinYoga 75	19:30 BodyBalance* 60			18:30 HotFlowYoga 75

ARENA-SALI, TRIMMI, KAMPPAILUKESKUS

	9:30 Trimmi 45				11:10 Trimmi 45	10:50 AirYoga 60
					12:10 BodyPump* 60	11:55 Trimmi 45
17:00 Trimmi 45			17:00 Kickboxing 60	16:45 Trimmi 45		
18:00 BodyPump* 60	17:00 Trimmi 45	17:45 Boxing 60	17:40 Trimmi 10 (tech.)			
19:00 Trimmi 45	18:00 Core-Stretching 60	17:55 Trimmi 45	17:50 Trimmi 45			
19:15 AirYoga 60	19:10 Kettlebell 50	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.

Tuntien ohjaajat löytyvät MyEsportista

Esport pitää oikeudet muutoksiin