

AIKATAULU ESPORT CENTER
1.7.2020 alkaen



SALI 1

maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
9:15 EsportEasy 60	9:15 BODYCOMBAT® 60	7:15 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	
15:30 BODYPUMP® 60				15:20 BODYPUMP® 60		
16:45 BODYCOMBAT® 60	17:10 BODYATTACK® 45	16:55 EsportEasy 45	16:40 BODYPUMP® 60	16:30 BODYCOMBAT® 60		17:10 BodyJam® 60
17:55 EsportEasy 60	18:05 BODYSTEP® 60	17:50 BODYPUMP® 60	17:50 EsportEasy 60			18:20 BODYCOMBAT® 60
19:00 BODYATTACK® 60	19:15 BODYPUMP® 60	19:00 BODYCOMBAT® 60	19:00 Step 60			19:30 BODYPUMP® 60

SALI 2

	10:25 Pilates 60					
17:50 SuperBooty 30	17:15 World Jumping® Party 45	17:40 SH'BAM® 45				17:40 CXworx® 30
18:25 CXWORX® 30	18:05 SuperBooty 30	18:30 Pilates 60	18:05 CXWORX® 30			

TRIP STUDIO

7:15 MorningRide 45	7:15 THE TRIP® 40		7:15 THE TRIP® 40	7:15 MorningRide 45	10:15 CardioRide 60	9:45 THE TRIP® 40
			9:30 THE TRIP® 40	9:15 THE TRIP® 40	11:45 THE TRIP® 40	10:45 CardioRide 60
16:50 THE TRIP® 40		16:50 THE TRIP® 40				
17:55 SPRINT™ 30	17:00 THE TRIP® 40	17:50 CardioRide 45	18:00 THE TRIP® 40	17:45 THE TRIP® 40		17:45 THE TRIP® 40
18:40 THE TRIP® 40	18:10 THE TRIP® 40	19:00 THE TRIP® 40	18:50 RPM® 45			18:45 THE TRIP® 40

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

					9:45 HotYoga 60	
	11:45 HotYinYoga 75	10:25 HotYoga 60			12:45 HotStretching 45	12:00 HotYinYoga 75
16:30 YinYoga 75 (ei lämmitystä)	16:45 HotStretching 60	16:30 BODYBALANCE® 60	16:50 Yoga 60 (ei lämmitystä)	16:25 HotYinYoga 75		
17:55 HotYoga 60	17:50 HotFlowYoga 75	17:40 HotYoga 60	18:00 HotFlowYoga 75	17:45 HotPilates 60		
19:05 HotPilates 60	19:15 HotYinYoga 75	18:50 HotYinYoga 75	19:30 BODYBALANCE® 60			18:30 HotFlowYoga 75

ARENA-SALI

					12:10 BODYPUMP® 60	
18:00 BODYPUMP® 60	18:00 Core-Stretching 60	17:50 Kettlebell 50	18:45 BODYPUMP® 60			

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeudet muutoksiin