

AIKATAULU ESPORT AALTO

31.8-31.12.2020

AALTO STUDIO



maanantai		tiistai		keskiviikko		torstai		perjantai		lauantai		sunnuntai	
						7:00	BODYPUMP® 45			10:15	BODYCOMBAT® 60	11:30	BODYSTEP® 60
				11:40	CXWORX® 30			11:00	BODYCOMBAT® 60	11:20	CXWORX® 30		
		16:30	BODYPUMP® 60							12:00	BODYPUMP® 60		
16:40	BODYATTACK® 60	17:45	BODYJAM® 45	16:50	BODYSTEP® 60	16:30	BODYCOMBAT® 45	15:40	BODYATTACK® 45				
17:45	BODYCOMBAT® 60	18:40	SuperBooty 30	18:00	BODYPUMP® 45	17:20	BODYPUMP® 45	16:30	CXWORX® 30			17:00	CXWORX® 30
18:55	BODYPUMP® 60	19:15	GRIT® STRENGTH 30	18:55	CXWORX® 30	18:10	BODYSTEP® 60	17:05	SHBAM® 45			17:40	BODYPUMP® 60

TRIP STUDIO

7:15	SPRINT™ 30 VIRTUAL	7:15	RPM® 45 VIRTUAL	7:15	THE TRIP® 40			7:15	THE TRIP® 40	10:20	THE TRIP® 40	10:15	THE TRIP® 40
						8:00	THE TRIP® 40 VIRTUAL	8:15	SPRINT™ 30 VIRTUAL	11:10	SPRINT™ 30		
11:00	THE TRIP® 40	9:00	THE TRIP® 40	11:00	SPRINT™ 30			10:30	THE TRIP® 40				
12:00	RPM® 45 VIRTUAL	12:00	SPRINT™ 30 VIRTUAL	12:00	THE TRIP® 40 VIRTUAL	12:00	RPM® 45 VIRTUAL	12:00	THE TRIP® 40 VIRTUAL				
16:50	THE TRIP® 40			16:45	THE TRIP® 40								
17:50	THE TRIP® 40	17:50	THE TRIP® 40	17:30	SPRINT™ 30	17:05	RPM® 45	16:20	THE TRIP® 40			16:10	THE TRIP® 40
18:55	SPRINT™ 30	18:55	THE TRIP® 40	18:10	THE TRIP® 40	18:00	THE TRIP® 40	18:10	THE TRIP® 40				

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

		7:00	BODYBALANCE® 60			7:15	HotYoga 60			10:00	AstangaYoga 75 (ei lämmitystä)		
11:50	HotYinYoga 75			12:15	HotYoga 60					11:30	HotYinYoga 75	11:10	HotYoga 60
16:40	HotPilates 60												
17:45	HotFlowYoga 75	16:50	HotYoga 60	16:40	HotYinYoga 75	17:00	AstangaYoga 75 (ei lämmitystä)	16:45	BODYBALANCE® 60			17:15	BODYBALANCE® 60
19:00	HotYinYoga 75	18:00	HotYinYoga 75	18:05	HotFlowYoga 75 (ei lämmitystä)	18:55	HotStretching 45						

FUNCTIONAL ZONE

				7:15	Functional Fitness 45			7:15	Functional Fitness 45				
		17:00	Functional Fitness 45			17:00	Functional Fitness 45						

Tuntien ohjaajat löytyvät MyEsportista

Esport pitää oikeuden tehdä muutoksia aikatauluun.