

AIKATAULU ESPORT BRISTOL
31.8.-31.12.2020



STAGE

| maanantai | tiistai | keskiviikko | torstai | perjantai | lauantai | sunnuntai |
|-------------------------------|----------------------------|------------------------------|-----------------------------|------------------------------|-------------------------------|-------------------------------|
| 7:00 THE TRIP@ 40 | 7:00 BODYSTEP@ 45 | 7:00 BODYPUMP@ 60 | | 7:00 BODYATTACK@ 45 | 10:00 BODYPUMP@ 60 | 11:00 BODYPUMP@ 60 |
| 8:15 BODYBALANCE@ 60 VIRTUAL | 8:15 BODYPUMP@ 60 VIRTUAL | | 8:15 BODYCOMBAT@ 60 VIRTUAL | 8:15 SH'BAM@ 45 VIRTUAL | 11:15 BODYSTEP@ 60 | 12:20 SPRINT™ 30 |
| | | 9:30 BODYBALANCE@ 60 VIRTUAL | | 10:40 THE TRIP@ 40 | 12:25 THE TRIP@ 40 | |
| 11:00 BODYPUMP@ 60 | 11:00 THE TRIP@ 40 | 11:00 BODYATTACK@ 45 | 11:00 THE TRIP@ 40 | 11:35 BODYPUMP@ 60 | 13:30 BODYPUMP@ 60 | |
| 13:00 GRIT@ CARDIO 30 VIRTUAL | 13:00 SPRINT™ 30 VIRTUAL | 13:00 BARRE@ 30 VIRTUAL | 13:00 SH'BAM@ 45 VIRTUAL | 13:00 BODYCOMBAT@ 60 VIRTUAL | 14:40 BODYCOMBAT@ 60 | 14:00 BODYCOMBAT@ 60 VIRTUAL |
| | | | | | | 15:00 BODYBALANCE@ 60 VIRTUAL |
| 15:30 BODYCOMBAT@ 45 | 15:30 BODYPUMP@ 45 | 16:00 THE TRIP@ 40 | 15:30 THE TRIP@ 40 | 15:30 BODYPUMP@ 60 | 16:00 SH'BAM@ 45 VIRTUAL | |
| 16:25 SH'BAM@ 45 | 16:25 BODYCOMBAT@ 60 | 16:55 BODYATTACK@ 45 | 17:00 BODYSTEP@ 60 | 16:35 BODYATTACK@ 60 | 17:00 BODYBALANCE@ 60 VIRTUAL | |
| 17:15 BODYPUMP@ 60 | 17:40 BODYJAM@ 60 | 17:45 BODYPUMP@ 60 | 18:10 BODYATTACK@ 30 | 18:00 BODYCOMBAT@ 60 | | 17:00 BODYPUMP@ 60 |
| 18:25 BODYSTEP@ 60 | 18:50 BODYATTACK@ 45 | 18:55 THE TRIP@ 40 | 18:50 BODYPUMP@ 60 | | | 18:10 BODYCOMBAT@ 60 |
| 19:30 THE TRIP@ 40 VIRTUAL | 19:40 THE TRIP@ 40 VIRTUAL | 19:45 BODYPUMP@ 45 | 20:05 RPM@ 45 VIRTUAL | | | 19:15 THE TRIP@ 40 |

FUNCTIONAL STUDIO

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| 7:00 GRIT@ STRENGTH 30 | | | | | | 11:10 BODYATTACK@ 60 | 11:10 BODYATTACK@ 60 |
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| 16:20 GRIT@ ATHLETIC 30 | 16:40 LES MILLS TONE@ 45 | 16:55 GRIT@ STRENGTH 30 | 16:35 GRIT@ CARDIO 30 | | | | |
| 16:55 CXWORX@ 30 | 17:30 SuperBooty 30 | 17:35 BODYCOMBAT@ 60 | 17:15 CXWORX@ 30 | | | | |
| 17:30 LES MILLS BARRE@ 30 | 18:10 CXWORX@ 30 | 18:45 Tabata 45 | 17:55 BODYJAM@ 60 | 17:45 LES MILLS TONE@ 45 | | 19:15 AirYoga 60 | |
| 18:10 BODYATTACK@ 60 | 18:50 GRIT@ STRENGTH 30 | | 19:05 AirYoga 60 | | | | |

HOT STUDIO

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| | 07:15 BODYBALANCE@ 60 | 07:15 HotFlowYoga 60 | 7:15 BODYBALANCE@ 60 | | 10:30 HotYoga 60 | 11:30 HotFlowYoga 90 |
| 9:30 HotYoga 60 | | | | | 11:40 BODYBALANCE@ 60 | 13:15 HotYinYoga 90 |
| | 11:50 HotYinYoga 75 | 12:00 Pilates 60 (ei lämmitystä) | | 11:30 HotYoga 60 | | |
| | | | | | | |
| 16:50 HotFlowYoga 75 | 16:25 HotYinYoga 75 | 16:45 HotYinYoga 75 | 16:25 Pilates 60 (ei lämmitystä) | 16:40 HotYoga 60 | | |
| 18:15 HotYinYoga 60 | 17:45 HotFlowYoga 60 | 18:10 HotYoga 60 | 17:35 AstangaYoga 75 (ei lämmitystä) | 17:50 BODYBALANCE@ 60 | | 18:10 HotYoga 60 |
| 19:25 BODYBALANCE@ 60 | 18:50 BODYBALANCE@ 45 (ei lämmitystä) | 19:15 HotPilates 60 | 19:00 HotYinYoga 75 | | | |

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeuden tehdä muutoksia aikatauluun.

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