

AIKATAULU ESPORT CENTER
31.8.-31.12.2020



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 |
| | | 10:25 EsportEasy 45 | | | 11:35 BODYATTACK® 60 | 11:50 Pilates 60 |
| | | | | | 12:45 BODYCOMBAT® 60 | |
| 15:30 BODYPUMP® 60 | | | | 15:20 BODYPUMP® 60 | | |
| 16:45 BODYCOMBAT® 60 | 17:10 BODYATTACK® 45 | 17:10 GRIT® STRENGTH 30 | 16:40 BODYPUMP® 60 | 16:30 BODYCOMBAT® 60 | | 17:10 BODYJAM® 60 |
| 17:50 EsportEasy 60 | 18:05 BODYSTEP® 60 | 17:50 BODYPUMP® 60 | 17:50 Step 60 | 17:50 EsportEasy 45 | | 18:20 BODYCOMBAT® 60 |
| 19:00 BODYATTACK® 60 | 19:25 BODYPUMP® 60 | 19:00 BODYCOMBAT® 60 | 19:00 EsportEasy 60 | | | 19:30 BODYPUMP® 60 |

SALI 2

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|--------------------------|-------------------------------|---------------------|--------------------------|----------------------------|--|-----------------------|
| | | | | | | 10:30 SuperBooty 30 |
| | 10:25 Pilates 60 | | 10:25 Core-Stretching 60 | | | 11:30 CXWORX® 30 |
| | | | | | | 12:10 Stretching 60 |
| 15:50 Core-Stretching 60 | | 16:50 EsportEasy 45 | | | | |
| 17:10 SuperBooty 30 | 17:05 World Jumping® Party 45 | 17:45 CXWORX® 30 | 17:15 GRIT® CARDIO 30 | 17:10 SuperBooty 30 | | |
| 17:50 World Jumping® 30 | 17:55 SuperBooty 30 | 18:20 SH'BAM® 45 | 17:55 LES MILLS TONE® 45 | 17:45 Latin Dance Party 45 | | 17:40 CXWORX® 30 |
| 18:25 CXWORX® 30 | 18:35 BODYBALANCE® 45 | 19:10 Pilates 60 | 18:50 BARRE® 30 | | | 18:20 BODYBALANCE® 60 |

TRIP STUDIO

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|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 7:00 MorningRide 45 | 7:00 THE TRIP® 40 | 8:30 THE TRIP® 40 VIRTUAL | 7:00 THE TRIP® 40 | 7:00 MorningRide 45 | 10:15 CardioRide 60 | 9:30 CardioRide 60 |
| 9:30 THE TRIP® 40 | | | 9:30 THE TRIP® 40 VIRTUAL | 9:15 THE TRIP® 40 | 11:45 THE TRIP® 40 | 11:00 THE TRIP® 40 |
| 11:30 RPM® 45 VIRTUAL | 11:30 THE TRIP® 40 VIRTUAL | 10:30 THE TRIP® 40 | 11:30 RPM® 45 VIRTUAL | 11:30 THE TRIP® 40 VIRTUAL | 12:45 THE TRIP® 40 VIRTUAL | 12:00 THE TRIP® 40 VIRTUAL |
| 12:30 THE TRIP® 40 VIRTUAL | 12:30 RPM® 45 VIRTUAL | 11:30 SPRINT™ 30 VIRTUAL | | 12:30 SPRINT™ 30 VIRTUAL | 13:45 RPM® 45 VIRTUAL | 13:00 SPRINT™ 30 VIRTUAL |
| | | 12:30 THE TRIP® 40 VIRTUAL | | | | |
| 14:00 THE TRIP® 40 VIRTUAL | 14:00 THE TRIP® 40 VIRTUAL | 14:00 RPM® 45 VIRTUAL | 14:00 SPRINT™ 30 VIRTUAL | | | |
| 15:00 RPM® 45 VIRTUAL | 15:00 SPRINT™ 30 VIRTUAL | 15:00 THE TRIP® 40 VIRTUAL | 15:00 THE TRIP® 40 VIRTUAL | | | |
| 16:50 THE TRIP® 40 | 16:00 CardioRide 45 | 17:00 THE TRIP® 40 | 16:10 THE TRIP® 40 | 16:40 RPM® 45 | | 16:40 THE TRIP® 40 |
| 17:55 SPRINT™ 30 | 17:00 THE TRIP® 40 | 17:55 CardioRide 45 | 17:00 RPM® 45 | 17:45 THE TRIP® 40 | | 17:30 THE TRIP® 40 |
| 18:40 THE TRIP® 40 | 18:10 THE TRIP® 40 | 19:00 THE TRIP® 40 | 18:00 CardioRide 60 | | | 18:30 RPM® 45 VIRTUAL |

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

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|----------------------------------|------------------------|-----------------------|-------------------------------|---------------------|--|------------------------|------------------------|
| | | | | | | 9:30 HotYinYoga 75 | 10:45 HotYinYoga 60 |
| | 12:15 HotYinYoga 75 | 10:25 HotYoga 60 | 11:30 HotYinYoga 90 | | | 10:55 BODYBALANCE® 60 | 12:00 HotYinYoga 75 |
| 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 | 17:50 HotPilates 60 | | | 17:35 HotStretching 45 |
| 20:10 HotStretching 45 | 19:15 HotYinYoga 75 | 18:50 HotYinYoga 75 | 19:30 BODYBALANCE® 60 | | | | 18:30 HotFlowYoga 75 |

ARENA-SALI, TRIMMI, KAMPPAILUKESKUS

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|--------------------|--------------------------|---------------------|---------------------|--------------------------|--|--------------------|---------------------|
| 10:30 Trimmi 45 | 9:30 Trimmi 45 | | | | | 12:10 BODYPUMP® 60 | 10:50 Trimmi 45 |
| | | | | | | 13:20 Trimmi 45 | |
| 16:50 Trimmi 45 | 17:05 Trimmi 45 | 17:50 Kettlebell 50 | 17:00 Kickboxing 60 | 16:50 Trimmi 45 | | | |
| 18:00 BODYPUMP® 60 | 18:00 Core-Stretching 60 | 18:00 Trimmi 45 | 18:00 BODYPUMP® 60 | 17:45 Core-Stretching 45 | | | 16:10 Boxing 60 |
| | | | 18:15 Trimmi 45 | | | | 18:30 Kettlebell 50 |

Näillä tunneilla tempo on normaalia tuntia rauhallisempi. Tunnit sopivat liikuntaa aloitteleville ja ikääntyville.

Tuntien ohjaajat löytyvät MyEsporstista

Esport pidättää oikeudet muutoksiin.

Virtuaalitunteja ei pidetä mikäli tila on muussa käytössä, esim. teematunnit tai tapahtumat.