

AIKATAULU ESPORT BRISTOL
25.3.-31.5.2021



STAGE	maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai						
7:00	THE TRIP@ 40	7:00	BODYSTEP@ 45	7:00	BODYPUMP@ 60	7:00	GRIT@ STRENGTH 30 VIRTUAL	7:00	BODYATTACK@ 45	10:00	BODYPUMP@ 60	11:00	BODYPUMP@ 60
9:00	THE TRIP@ 40 VIRTUAL	9:00	BODYPUMP@ 60 VIRTUAL	8:15	THE TRIP@ 40 VIRTUAL	7:35	LES MILLS CORE™ 30 VIRTUAL	9:00	BODYBALANCE@ 60 VIRTUAL	11:15	BODYSTEP@ 60	12:15	THE TRIP@ 40
11:00	BODYPUMP@ 60	11:30	THE TRIP@ 40	11:00	BODYATTACK@ 45	8:10	BODYBALANCE@ 60 VIRTUAL	10:40	THE TRIP@ 40	12:25	THE TRIP@ 40	13:15	SPRINT™ 30 VIRTUAL
12:15	SPRINT™ 30			12:00	THE TRIP@ 40	11:00	THE TRIP@ 40	11:35	BODYPUMP@ 60	13:30	BODYPUMP@ 60	14:00	BODYCOMBAT@ 60 VIRTUAL
				13:00	LES MILLS BARRE@ VIRTUAL	12:00	BODYPUMP@ 60 VIRTUAL			14:45	GRIT@ STRENGTH 30 VIRTUAL	15:05	BODYBALANCE@ 60 VIRTUAL
14:00	GRIT@ CARDIO 30 VIRTUAL	14:00	GRIT@ STRENGTH 30 VIRTUAL					14:30	GRIT@ CARDIO 30 VIRTUAL	15:20	LES MILLS CORE™ 30 VIRTUAL		
14:40	LES MILLS CORE™ 30 VIRTUAL	14:40	LES MILLS CORE™ 30 VIRTUAL	15:10	LES MILLS CORE™ 30 VIRTUAL			15:30	BODYPUMP@ 60	16:00	SH'BAM@ 45 VIRTUAL		
15:45	SPRINT™ 30	15:30	BODYPUMP@ 45	16:00	THE TRIP@ 40	15:30	THE TRIP@ 40	16:35	BODYATTACK@ 60			17:00	BODYPUMP@ 60
16:30	THE TRIP@ 40	16:25	BODYCOMBAT@ 60	16:55	BODYATTACK@ 45	17:00	BODYSTEP@ 60	18:00	BODYCOMBAT@ 60			18:10	BODYCOMBAT@ 60
17:15	BODYPUMP@ 60	17:40	BODYJAM@ 60	17:45	BODYPUMP@ 60	18:10	BODYATTACK@ 30	19:15	RPM@ 45 VIRTUAL			19:15	THE TRIP@ 40
18:25	BODYSTEP@ 60	18:50	BODYATTACK@ 45	18:55	THE TRIP@ 40	18:50	BODYPUMP@ 60						
19:30	THE TRIP@ 40 VIRTUAL	19:40	THE TRIP@ 40 VIRTUAL	19:45	BODYPUMP@ 45								
FUNCTIONAL STUDIO													
7:00	GRIT@ STRENGTH 30											11:15	BODYATTACK@ 45
										11:10	BODYATTACK@ 60		
15:30	BODYCOMBAT@ 45	16:35	LES MILLS TONE@ 45	16:55	GRIT@ STRENGTH 30	16:35	GRIT@ CARDIO 30						
16:20	GRIT@ ATHLETIC 30	17:25	SuperBooty 30	17:35	BODYCOMBAT@ 60	17:15	LES MILLS CORE™ 30						
16:55	LES MILLS CORE™ 30	18:10	LES MILLS CORE™ 30	18:40	Tabata 45	17:55	BODYJAM@ 60	17:45	LES MILLS TONE@ 45				
18:10	BODYATTACK@ 60	18:50	GRIT@ STRENGTH 30			19:05	AirYoga 60					19:20	AirYoga 60
HOT STUDIO													
		07:15	BODYBALANCE@ 60	07:15	HotFlowYoga 60	7:15				10:30	HotYoga 60	11:30	HotFlowYoga 90
9:30	HotYoga 60					10:30	BODYBALANCE@ 60			11:40	BODYBALANCE@ 60	13:15	HotYinYoga 90
		11:50	HotYinYoga 75	12:00	Pilates 60 (ei lämmitystä)	12:00	HotYinYoga 60						
16:50	HotFlowYoga 75	16:30	AstangaYoga 60 (ei lämmitystä)	16:45	HotYinYoga 75	16:25	HotYoga 60	11:30	HotYoga 60			16:45	BODYBALANCE@ 60
18:15	HotYinYoga 60	17:40	HotYinYoga 60	18:10	HotYoga 60	17:35	Pilates 60 (ei lämmitystä)	16:40	HotYoga 60			18:10	HotYoga 60
19:25	BODYBALANCE@ 60	18:50	BODYBALANCE@ 45 (ei lämmitystä)	19:20	HotPilates 60	19:00	HotFlowYoga 75	17:50	BODYBALANCE@ 60				
RELAXING ROOM													
16:40	Pilates 60	16:50	Yoga 60	16:40	YinYoga 75	17:00				10:00	FlowYoga 75	11:10	Yoga 60
17:45	FlowYoga 75	18:00	YinYoga 75	18:05	FlowYoga 75	18:55	AstangaYoga 75	16:45	BODYBALANCE@ 60	11:30	YinYoga 75		
19:05	YinYoga 75						Stretching 45						

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeuden tehdä muutoksia aikatauluun.

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