

AIKATAULU ESPORT CENTER
25.3.-30.5.2021



SALI 1

maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
9:15 EsportEasy 60	7:15 BODYSTEP® 60	7:00 BODYPUMP® 45	7:00 BODYPUMP® 45	9:15 EsportShape 60	9:15 EsportEasy 60	9:30 BODYPUMP® 60
10:25 Pilates 60	9:15 BODYCOMBAT® 60	9:15 EsportShape 60	9:15 BODYPUMP® 60	10:20 BODYBALANCE® 60	10:25 BODYPUMP® 60	10:40 EsportShape 60
	10:25 BODYPUMP® 60	10:25 EsportEasy 45	10:25 EsportEasy 45		11:35 BODYATTACK® 60	11:50 Pilates 60
					12:45 BODYCOMBAT® 60	13:00 BODYSTEP® 60
15:30 BODYPUMP® 60		16:00 BODYSTEP® 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	19:30 BODYPUMP® 60	19:00 BODYCOMBAT® 60	19:00 EsportEasy 60			19:30 BODYPUMP® 60

SALI 2

10:00 BODYCOMBAT® 60	10:25 Pilates 60	11:40 LES MILLS CORE™ 45	10:25 Core-Stretching 60	11:00 BODYCOMBAT® 60	9:35 Zumba 45	
					10:30 STRONG Nation™ 45	
		16:50 EsportEasy 45		15:30 Core-Stretching 45	11:30 LES MILLS CORE™ 30	
17:10 SuperBooty 30	17:05 World Jumping® Party 45	17:45 LES MILLS CORE™ 30	17:00 STRONG Nation™ 45	17:10 SuperBooty 30	12:10 Stretching 60	
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 LES MILLS CORE™ 30
18:25 LES MILLS CORE™ 30	18:35 BODYBALANCE® 45	19:10 Pilates 60	18:50 BARRE® 30			18:20 BODYBALANCE® 60

TRIP STUDIO

7:00 MorningRide 45	7:00 THE TRIP® 40	7:15 RPM® 45	7:00 THE TRIP® 40	7:00 MorningRide 45	10:15 CardioRide 60	9:30 CardioRide 60
9:30 THE TRIP® 40	8:00 THE TRIP® 40 VIRTUAL	8:15 THE TRIP® 40 VIRTUAL	9:30 THE TRIP® 40 VIRTUAL	8:00 THE TRIP® 40	11:45 THE TRIP® 40	11:00 THE TRIP® 40
11:15 THE TRIP® 40	9:00 THE TRIP® 40	9:30 THE TRIP® 40	10:30 THE TRIP® 40	9:15 THE TRIP® 40	12:45 THE TRIP® 40	12:00 THE TRIP® 40
12:30 THE TRIP® 40 VIRTUAL	11:30 THE TRIP® 40 VIRTUAL	11:00 SPRINT™ 30	11:30 SPRINT™ 30 VIRTUAL	11:30 THE TRIP® 40 VIRTUAL	13:35 SPRINT™ 30	13:00 RPM® 45 VIRTUAL
	12:30 RPM® 45 VIRTUAL	12:30 THE TRIP® 40 VIRTUAL	12:30 THE TRIP® 40 VIRTUAL	12:30 SPRINT™ 30 VIRTUAL	14:45 THE TRIP® 40 VIRTUAL	14:00 THE TRIP® 40 VIRTUAL
14:00 THE TRIP® 40 VIRTUAL	14:00 THE TRIP® 40 VIRTUAL					
15:00 RPM® 45 VIRTUAL	15:00 SPRINT™ 30 VIRTUAL	14:00 RPM® 45 VIRTUAL	14:00 RPM® 45 VIRTUAL			
16:00 THE TRIP® 40	16:00 CardioRide 45	15:00 THE TRIP® 40	15:00 THE TRIP® 40 VIRTUAL	15:45 THE TRIP® 40		
16:50 THE TRIP® 40	17:00 THE TRIP® 40	17:00 THE TRIP® 40	16:10 THE TRIP® 40	16:40 RPM® 45		16:40 THE TRIP® 40
17:55 SPRINT™ 30	18:10 THE TRIP® 40	17:55 CardioRide 45	17:05 RPM® 45	17:45 THE TRIP® 40		17:30 THE TRIP® 40
18:40 THE TRIP® 40	19:05 THE TRIP® 40 VIRTUAL	19:00 THE TRIP® 40	18:05 CardioRide 60	18:45 THE TRIP® 40 VIRTUAL		18:30 THE TRIP® 40
19:30 RPM® 30 VIRTUAL	20:00 THE TRIP® 40 VIRTUAL	20:00 THE TRIP® 40 VIRTUAL	19:15 THE TRIP® 40 VIRTUAL			

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

	7:00 BODYBALANCE® 60					
11:30 HotYinYoga 75		10:25 HotYoga 60			10:25 HotYinYoga 60	10:45 HotYinYoga 60
	12:15 HotYinYoga 75		11:30 HotYinYoga 90		12:45 HotStretching 45	12:00 HotYinYoga 75
16:30 YinYoga 75 (ei lämmitystä)						
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, KAMPAILUKESKUS, CROSS TRAINING SALI

7:15 Functional Fitness 45	9:30 Trimmi 45	7:15 Functional Fitness 45		7:15 Functional Fitness 45	10:15 BODYCOMBAT® 60	10:50 EsportEasy 45
					11:20 LES MILLS CORE™ 30	
16:40 Core-Stretching 60	16:30 Functional Fitness 45	16:50 Functional Fitness 45	16:30 BODYCOMBAT® 45	15:45 BODYATTACK® 45	12:10 BODYPUMP® 60	
17:55 Trimmi 45	16:30 BODYPUMP® 60	17:50 Kettlebell 50	17:20 BODYPUMP® 30	16:40 LES MILLS CORE™ 45	13:20 Trimmi 45	15:55 BODYPUMP® 60
18:00 BODYPUMP® 60	17:25 Functional Fitness 60	18:00 BODYPUMP® 45	17:00 Kickboxing 60	17:30 SH'BAM® 45		17:00 BODYPUMP® 60
19:05 BODYPUMP® 60	17:05 Trimmi 45	18:55 LES MILLS CORE™ 30	18:00 BODYPUMP® 60	16:30 Functional Fitness 60		18:10 LES MILLS CORE™ 30
19:05 Functional Fitness 60	18:00 Core-Stretching 60		18:20 Functional Fitness 45			18:30 Kettlebell 50

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

Esport pidättää oikeudet muutoksiin.

Tuntien ohjaajat löytyvät MyEsportista