

AIKATAULU ESPORT BRISTOL

31.5.-27.6.2021



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

Tuntien ohjaajat löytyvät MyEsportista

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

Esport pitää oikeuden tehdä muutoksia aikatauluun.

**Ulkotreenit:**

ma 10:50 BOOTCAMP 45

ke 18:00 BOOTCAMP 45