

AIKATAULU ESPORT BRISTOL

30.8.-31.12.2021



STAGE

maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
08:00 BODYCOMBAT® 45 VIRTUAL	7:00 BODYSTEP® 45	7:00 BODYPUMP® 60	7:00 BODYCOMBAT® 45	7:00 BODYATTACK® 45	10:00 BODYSTEP® 60	11:00 BODYATTACK® 60
09:15 LES MILLS CORE™ 45 VIRTUAL	8:00 GRIT® CARDIO 30 VIRTUAL	08:15 BODYCOMBAT® 45 VIRTUAL	08:00 SH'BAM® 45 VIRTUAL	08:00 GRIT® ATHLETIC 30 VIRTUAL	11:10 BODYATTACK® 60	12:10 BODYPUMP® 60
				08:40 LES MILLS CORE™ 45 VIRTUAL	12:25 BODYPUMP® 60	13:25 SH'BAM® 45 VIRTUAL
11:00 BODYPUMP® 60		11:00 BODYATTACK® 45	11:00 BODYPUMP® 45	11:35 BODYPUMP® 60	13:40 SH'BAM® 45 VIRTUAL	
					14:40 GRIT® CARDIO 30 VIRTUAL	
15:25 BODYCOMBAT® 45	15:30 BODYPUMP® 45 VIRTUAL			15:30 BODYPUMP® 60		
16:25 BODYSTEP® 45	16:25 BODYCOMBAT® 60	16:30 BODYATTACK® 45	16:30 BODYSTEP® 60	16:40 BODYATTACK® 60		
17:20 BODYPUMP® 60	17:40 BODYJAM® 60	17:30 BODYCOMBAT® 45	17:40 BODYCOMBAT® 60	17:50 BODYCOMBAT® 60		17:00 BODYPUMP® 60
18:30 BODYATTACK® 60	18:50 BODYATTACK® 45	18:25 BODYSTEP® 60	18:50 BODYPUMP® 60			18:15 BODYCOMBAT® 60
19:40 BODYPUMP® 45	19:45 BODYPUMP® 45	19:35 BODYPUMP® 60	20:00 BODYBALANCE® 45 VIRTUAL			

FUNCTIONAL STUDIO

7:00 GRIT® STRENGTH 30				10:20 SuperBooty 30	10:00 Functional Fitness 60	11:00 GRIT® STRENGTH 30	11:30 GRIT® STRENGTH 30
				11:00 LES MILLS CORE™ 30		11:40 SuperBooty 30	12:15 BODYBALANCE® 60
				11:35 BODYBALANCE® 30			
17:00 LES MILLS BARRE® 30	17:15 SuperBooty 30	16:50 SuperBooty 30	16:20 LES MILLS CORE™ 45	16:00 Functional Fitness 45			15:00 AirYoga 60
17:35 SH'BAM® 45	17:55 LES MILLS CORE™ 45	17:30 Functional Fitness 45	17:15 SuperBooty 30	17:00 LES MILLS BARRE® 30			16:30 LES MILLS CORE™ 45
18:30 Functional Fitness 60	18:50 GRIT® STRENGTH 30	18:30 LES MILLS BARRE® 30	17:55 BODYJAM® 60	17:45 BODYJAM® 60			17:25 GRIT® ATHLETIC 30
	19:30 BODYBALANCE® 60	19:05 SH'BAM® 45	19:05 AirYoga 60				

TRIP STUDIO

07:15 THE TRIP® 40	7:00 THE TRIP® 40	7:10 THE TRIP® 40	7:00 CardioRide 45	7:00 THE TRIP® 40	9:15 THE TRIP® 40		
08:15 THE TRIP® 40 VIRTUAL	8:00 THE TRIP® 40 VIRTUAL	8:15 THE TRIP® 40	8:00 THE TRIP® 40	8:00 THE TRIP® 40 VIRTUAL	10:20 SPRINT™ 30	11:00 CardioRide 60	
10:00 THE TRIP® 40	10:00 THE TRIP® 40	9:30 THE TRIP® 40 VIRTUAL	8:55 THE TRIP® 40	10:40 THE TRIP® 40	11:20 THE TRIP® 40	12:15 THE TRIP® 40	
	11:30 THE TRIP® 40	10:45 THE TRIP® 40	11:00 THE TRIP® 40		12:20 RPM® 45	13:25 THE TRIP® 40	
					13:40 THE TRIP® 40		
					16:10 SPRINT™ 30 VIRTUAL	14:30 THE TRIP® 40 VIRTUAL	
	16:00 THE TRIP® 40	16:20 THE TRIP® 40	16:15 THE TRIP® 40	16:50 RPM® 45		16:00 CardioRide 45	
16:25 THE TRIP® 40	16:55 RPM® 45	17:15 CardioRide 45	17:40 THE TRIP® 40	17:45 THE TRIP® 40 VIRTUAL		17:15 THE TRIP® 40	
17:20 THE TRIP® 40	17:55 SPRINT™ 30	18:10 THE TRIP® 40	18:50 SPRINT™ 30			18:05 THE TRIP® 40	
18:20 THE TRIP® 40	18:35 THE TRIP® 40	19:00 SPRINT™ 30	19:30 RPM® 45				
19:15 THE TRIP® 40	19:25 CardioRide 60	19:40 RPM® 45 VIRTUAL	20:30 THE TRIP® 40 VIRTUAL				

HOT STUDIO

	7:15 BODYBALANCE® 60	7:15 HotFlowYoga 60	7:00 BODYBALANCE® 60		10:30 HotFlowYoga 60	11:30 HotFlowYoga 90	
8:10 BODYBALANCE® 45	11:00 BODYBALANCE® 60	9:30 HotYoga 60	9:50 HotYoga 60	11:30 HotFlowYoga 60	11:40 BODYBALANCE® 60	13:15 HotYinYoga 90	
10:30 HotPilates 60	12:20 HotYinYoga 75	11:55 HotStretching 45			12:50 HotYoga 60		
16:30 HotFlowYoga 75	16:20 HotStretching 45	16:45 AstangaYoga 75 (ei lämmitystä)	17:10 HotStretching 45	16:40 FlowYoga 60 (ei lämmitystä)			
17:55 HotYinYoga 75	17:35 HotYinYoga 75	18:10 HotFlowYoga 60	18:05 HotFlowYoga 60	17:50 BODYBALANCE® 60		17:00 BODYBALANCE® 60	
19:40 BODYBALANCE® 60	19:00 HotFlowYoga 75	19:20 HotYinYoga 60	19:15 HotYinYoga 60			18:15 HotYinYoga 90	

Tuntien ohjaajat löytyvät MyEsporstista

Esport pidättää oikeudet muutoksiin.

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