

**AIKATAULU ESPORT CENTER**  
30.8.-31.12.2021



**SALI 1**

maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
		7:00 BODYPUMP® 45		7:00 BODYPUMP® 45	9:15 EsportEasy 60	9:30 BODYPUMP® 60
9:15 EsportEasy 60	9:15 BODYCOMBAT® 60	9:15 EsportShape 60	9:15 BODYPUMP® 60	9:15 Step 60	10:25 BODYPUMP® 60	10:40 EsportShape 60
10:25 BODYPUMP® 60	10:25 BODYPUMP® 60	10:25 EsportEasy 45	10:25 EsportEasy 45	10:20 BODYBALANCE® 60	11:35 BODYATTACK® 60	11:50 Pilates 60
					12:45 BODYCOMBAT® 60	
15:30 BODYPUMP® 60	16:00 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	17:40 BODYATTACK® 60		18:20 BODYCOMBAT® 60
19:00 BODYATTACK® 60	19:15 BODYPUMP® 60	19:00 BODYCOMBAT® 60	19:00 BODYCOMBAT® 60			19:30 BODYPUMP® 60

**SALI 2**

10:30 Pilates 60	10:25 Pilates 60	11:40 LES MILLS CORE™ 45	10:25 Core-Stretching 60	9:30 BODYCOMBAT® 60	10:20 Zumba 60	11:10 SuperBooty 30
					11:30 LES MILLS CORE™ 30	
					12:10 Stretching 60	
16:35 Core 30	15:55 SuperBooty 30	16:50 SH BAMB® 45				
17:10 SuperBooty 30	16:30 LES MILLS CORE™ 30		17:40 Core 30	16:40 LES MILLS CORE™ 45		
17:50 World Jumping® 30	17:20 World Jumping® Party 45	18:15 EsportEasy 45	17:40 EsportEasy 60	17:30 SHBAMB® 45		17:40 LES MILLS CORE™ 30
18:25 LES MILLS CORE™ 30	18:15 BODYBALANCE® 60	19:10 Pilates 60	18:50 LES MILLS BARRE® 30			18:20 BODYBALANCE® 60

**TRIP STUDIO**

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

**HOT STUDIO Huom!** Kaikki tunnit eivät ole lämmitettyjä

7:00 HotFlowYoga 60	7:00 BODYBALANCE® 60		7:00 HotYoga 60		10:25 HotYoga 60	10:45 HotFlowYoga 60
10:30 HotYoga 75	12:15 HotYinYoga 75	10:25 HotFlowYoga 60	11:30 HotYinYoga 90		11:35 BODYBALANCE® 60	12:00 HotYinYoga 75
					12:45 HotStretching 45	
16:30 YinYoga 75 (ei lämmitystä)				15:25 HotYoga 60		
17:55 HotFlowYoga 60	16:40 HotStretching 60	16:30 BODYBALANCE® 60	16:30 HotPilates 60	16:35 HotYinYoga 75		
19:05 HotPilates 60	17:50 HotYoga 75	17:40 HotFlowYoga 60	17:45 HotFlowYoga 75	18:00 Fascia Kehonhuolto 45		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, CROSS TRAINING SALI**

	9:30 Trimmi 45	7:15 Functional Fitness 45		7:15 Functional Fitness 45	10:15 BODYCOMBAT® 60	
					12:10 BODYPUMP® 60	
					13:20 Trimmi 45	
			16:55 Trimmi 45	16:30 Core-Stretching 45		
16:50 Trimmi 45	17:05 Trimmi 45	16:55 Functional Fitness 45	17:00 Kickboxing 60	17:30 Functional Fitness 60		
18:00 BODYPUMP® 60	18:00 Core-Stretching 60	17:50 Kettlebell 50	17:45 Functional Fitness 60			17:00 BODYPUMP® 60
19:05 Functional Fitness 60	18:00 Functional Fitness 60		17:50 BODYPUMP® 60			18:30 Kettlebell 50

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

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeudet muutoksiin.