

AIKATAULU ESPORT BRISTOL

27.6. - 31.7.2022

STAGE



maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
07:15 GRIT® STRENGTH 30		07:15 BODYPUMP® 60				
07:50 LES MILLS CORE™ 30 VIRTUAL	08:00 BODYPUMP® 60 VIRTUAL	08:30 BODYCOMBAT® 45 VIRTUAL	08:15 LES MILLS CORE™ 30 VIRTUAL	08:10 BODYBALANCE® 60 VIRTUAL	09:15 BODYPUMP® 45	
	09:10 SH'BAM® 45 VIRTUAL		08:50 BODYCOMBAT® 60 VIRTUAL	09:20 SH'BAM® 45 VIRTUAL	10:10 BODYSTEP® 60	
11:00 BODYPUMP® 60		10:00 BODYPUMP® 45 VIRTUAL	10:00 GRIT® STRENGTH 30 VIRTUAL	11:00 BODYPUMP® 45	11:20 BODYATTACK® 60	11:00 BODYPUMP® 60
					12:30 BODYPUMP® 60 VIRTUAL	12:30 SH'BAM® 45 VIRTUAL
	15:30 BODYCOMBAT® 60 VIRTUAL			15:30 BODYPUMP® 60		
16:30 BODYCOMBAT® 45 VIRTUAL	16:45 BODYATTACK® 45	16:30 BODYPUMP® 45		16:40 BODYATTACK® 60		
17:25 BODYPUMP® 60	17:40 BODYCOMBAT® 45	17:25 BODYATTACK® 45	17:00 BODYSTEP® 60	17:50 BODYCOMBAT® 60		17:00 BODYCOMBAT® 60
18:30 BODYJAM® 60	18:35 BODYPUMP® 60	18:35 BODYSTEP® 60	18:05 BODYCOMBAT® 60			18:10 BODYPUMP® 60
19:35 GRIT® STRENGTH 30	19:45 LES MILLS CORE™ 30 VIRTUAL	19:45 LES MILLS CORE™ 30 VIRTUAL	19:10 BODYPUMP® 60			
20:15 BODYPUMP® 45 VIRTUAL						
FUNCTIONAL STUDIO						
					11:00 GRIT® STRENGTH 30	
16:45 BODYATTACK® 60			16:20 SuperBooty 30			16:00 LES MILLS CORE™ 45
17:55 BODYBALANCE® 45 (ei lämmitystä)	17:40 LES MILLS CORE™ 45		17:15 GRIT® STRENGTH 30	16:50 Functional Fitness 45		
19:10 Functional Fitness 45	18:40 GRIT® Cardio 30	18:05 SuperBooty 30 (vain 29.6.)	17:55 BODYJAM® 60			
	19:20 BODYBALANCE® 60	18:40 BODYCOMBAT® 45 (vain 29.6.)	19:05 AirYoga 60			
TRIP STUDIO						
7:15 THE TRIP® 40 VIRTUAL	7:15 THE TRIP® 40		7:30 THE TRIP® 40	07:15 THE TRIP®		
		09:00 THE TRIP® 40	08:55 THE TRIP® 40 VIRTUAL	10:00 THE TRIP® 40 VIRTUAL	10:20 THE TRIP® 40	10:15 THE TRIP® 40
12:15 THE TRIP® 40 VIRTUAL	11:30 THE TRIP® 40 VIRTUAL		10:40 THE TRIP® 40 VIRTUAL		11:35 THE TRIP® 40 VIRTUAL	
		11:25 THE TRIP® 40 VIRTUAL			12:30 SPRINT™ 30	12:10 THE TRIP® 40 VIRTUAL
					13:30 THE TRIP® 40 VIRTUAL	
16:20 THE TRIP® 40	16:40 CardioRide 45	16:10 THE TRIP® 40	16:50 THE TRIP® 40	16:50 RPM® 45RPM VIRTUAL		16:10 THE TRIP® 40
17:10 RPM® 45	17:35 THE TRIP® 40	17:00 CardioRide 45	17:40 THE TRIP® 40	17:45 THE TRIP® 40		17:15 CardioRide 45
18:05 SPRINT™ 30	18:30 RPM® 45	17:50 THE TRIP® 40	19:15 SPRINT™ 30	18:35 THE TRIP® 40 VIRTUAL		18:05 THE TRIP® 40
18:45 THE TRIP® 40	19:25 THE TRIP® 40	18:45 RPM® 45 VIRTUAL	19:55 RPM® 45 VIRTUAL			
HOT STUDIO						
	07:15 BODYBALANCE® 60		07:15 BODYBALANCE® 45			
		09:15 HotYoga 60	09:30 HotFlowYoga 60		11:40 BODYBALANCE® 60	11:30 HotFlowYoga 90
10:00 HotPilates 60		11:00 HotStretching 45		10:00 HotFlowYoga 60		13:15 HotYinYoga 90
16:45 HotFlowYoga 60			17:00 Pilates 60 (ilman lämmitystä)			
17:55 HotYinYoga 60	17:15 HotYinYoga 75		18:05 HotFlowYoga 60	17:00 BODYBALANCE® 60		17:05 BODYBALANCE® 60
	18:45 HotFlowYoga 75	19:20 HotYinYoga 60	19:15 HotYinYoga 60			18:15 HotYinYoga 90

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeudet muutoksiin.

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