

AIKATAULU ESPORT CENTER

27.6.-31.7.2022

SALI 1



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

SALI 2

	9:30 EsportEasy 45			9:30 BODYCOMBAT® 60		
	10:25 Pilates 60		10:25 Core-Stretching 60		11:30 Stretching 60	
17:10 SuperBooty 30	17:10 LES MILLS BARRE® 45	17:40 Core 30				
17:50 World Jumping® 30	18:05 BODYBALANCE® 60	18:15 EsportEasy 45	17:45 World Jumping® 45			17:40 LES MILLS CORE™ 30
18:25 LES MILLS CORE™ 30						18:20 BODYBALANCE® 60

TRIP STUDIO

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

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

	7:00 BODYBALANCE® 60				10:25 HotYoga 60	10:45 HotYinYoga 75
10:30 HotYoga 75	12:15 HotYinYoga 75	10:25 HotFlowYoga 60	11:30 HotYinYoga 90		12:45 HotStretching 45	
16:30 YinYoga 75 (ei lämmitystä)	16:40 HotStretching 60	16:30 BODYBALANCE® 60	16:30 HotPilates 60	16:25 Kehonhuolto 45		
17:55 HotFlowYoga 60	17:50 HotYoga 75	17:40 HotFlowYoga 60	17:45 HotFlowYoga 75	17:20 HotYinYoga 75		17:30 HotStretching 45
19:05 HotStretching 60	19:15 HotYinYoga 75	18:50 HotYinYoga 75	19:10 BODYBALANCE® 60 (ei lämmitystä)			18:30 HotFlowYoga 75

ARENA-SALI, TRIMMI, KAMPPAILUKESKUS, CROSS TRAINING SALI

					12:40 Trimmi 45	
16:50 Trimmi 45						
18:00 BODYPUMP® 60	17:10 Trimmi 45	17:50 Kettlebell 50	17:50 Trimmi 45	17:30 Functional Fitness 60		
19:05 Functional Fitness 60	18:00 Core-Stretching 60		18:45 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.