

KEVÄT 2.1.–25.5.2025



STAGE

| Maanantai | Tiistai        | Keskiiviikko   | Torstai              | Perjantai | Lauantai       | Sunnuntai            |                      |              |                |
|-----------|----------------|----------------|----------------------|-----------|----------------|----------------------|----------------------|--------------|----------------|
|           |                | 8:30           | YKSITYISVARAUS       |           |                |                      |                      |              |                |
|           | 10:45          | BODYCOMBAT® 60 |                      | 10:30     | BODYPUMP® 60   | 10:20                | BODYATTACK® 45       |              |                |
| 11:00     | BODYPUMP® 60   |                |                      |           | 11:15          | LES MILLS SHAPES™ 45 | 11:15                | BODYPUMP® 60 |                |
|           |                |                |                      |           | 12:20          | BODYPUMP® 60         |                      |              |                |
|           |                |                |                      | 15:45     | BODYPUMP® 45   |                      |                      |              |                |
| 16:30     | BODYCOMBAT® 60 | 16:30          | BODYPUMP® 60         | 16:50     | BODYATTACK® 45 |                      |                      |              |                |
| 17:40     | BODYPUMP® 60   | 17:45          | BODYATTACK® 45       | 17:50     | BODYPUMP® 60   | 17:00                | LES MILLS SHAPES™ 45 | 17:05        | BODYCOMBAT® 60 |
| 18:50     | BODYJAM® 45    | 18:40          | LES MILLS SHAPES™ 45 |           | 18:05          | BODYCOMBAT® 60       |                      |              |                |
|           |                |                |                      | 19:10     | BODYPUMP® 60   |                      |                      |              |                |

FUNCTIONAL STUDIO

|       |                       |       |                    |       |                       |               |                   |                       |       |                    |
|-------|-----------------------|-------|--------------------|-------|-----------------------|---------------|-------------------|-----------------------|-------|--------------------|
|       |                       |       |                    | 8:00  | YKSITYISVARAUS        |               |                   |                       |       |                    |
|       |                       | 10:40 | LES MILLS CORE™ 45 |       |                       |               | 10:35             | GRIT® STRENGTH 30     |       |                    |
|       |                       |       |                    |       |                       |               | 13:30             | Functional Fitness 45 |       |                    |
| 16:20 | LES MILLS SHAPES™ 45  | 16:15 | GRIT® CARDIO 30    |       | 16:50                 | Upper body 30 | 16:50             | Functional Fitness 45 | 16:20 | GRIT® ATHLETIC 30  |
| 17:15 | Functional Fitness 45 | 17:00 | LES MILLS CORE™ 30 | 17:00 | YKSITYISVARAUS        | 17:30         | GRIT® STRENGTH 30 |                       | 17:00 | LES MILLS CORE™ 45 |
| 18:10 | GRIT® STRENGTH 30     | 17:45 | Upper body 30      | 18:15 | Functional Fitness 45 | 18:10         | BODYJAM® 60       |                       |       |                    |
|       |                       | 18:30 | AirYoga 60         |       |                       |               |                   |                       |       |                    |

TRIP STUDIO

|       |                      |       |                      |       |                      |       |                      |                      |                      |                |                      |
|-------|----------------------|-------|----------------------|-------|----------------------|-------|----------------------|----------------------|----------------------|----------------|----------------------|
| 7:45  | THE TRIP® 40 VIRTUAL | 7:15  | THE TRIP® 40 VIRTUAL | 7:30  | THE TRIP®            |       | 7:30                 | THE TRIP®            |                      |                |                      |
|       |                      |       |                      |       |                      |       |                      |                      |                      |                |                      |
|       |                      | 9:45  | THE TRIP® 40 VIRTUAL | 9:30  | THE TRIP® 40 VIRTUAL | 9:15  | THE TRIP® 40 VIRTUAL | 9:30                 | THE TRIP® 40 VIRTUAL | 9:45           | THE TRIP® 40         |
| 10:00 | THE TRIP® 40 VIRTUAL |       |                      | 10:30 | THE TRIP® 40 VIRTUAL | 10:30 | THE TRIP® 40         | 10:50                | YKSITYISVARAUS       | 10:45          | RPM® 45              |
| 11:00 | THE TRIP® 40 VIRTUAL | 11:00 | THE TRIP® 40 VIRTUAL | 11:40 | THE TRIP® 40         | 11:30 | THE TRIP® 40 VIRTUAL | 11:45                | THE TRIP® 40         | 11:40          | SPRINT™ 30           |
| 12:15 | THE TRIP® 40 VIRTUAL | 12:00 | THE TRIP® 40 VIRTUAL |       |                      |       |                      |                      |                      | 12:20          | THE TRIP® 40         |
|       |                      |       |                      |       |                      |       |                      |                      |                      | 13:20          | THE TRIP® 40 VIRTUAL |
|       |                      |       |                      |       |                      |       | 14:50                | THE TRIP® 40 VIRTUAL |                      |                |                      |
| 15:15 | THE TRIP® 40 VIRTUAL | 15:00 | THE TRIP® 40 VIRTUAL | 15:00 | THE TRIP® 40 VIRTUAL | 15:00 | RPM® 45 VIRTUAL      |                      | 15:00                | YKSITYISVARAUS |                      |
| 16:20 | THE TRIP® 40         | 16:00 | THE TRIP® 40 VIRTUAL | 16:00 | THE TRIP® 40 VIRTUAL | 16:00 | THE TRIP® 40         | 16:00                | THE TRIP® 40         | 16:10          | THE TRIP® 40         |
| 17:10 | RPM® 45              | 17:00 | SPRINT™ 30           | 17:00 | THE TRIP® 40         | 17:25 | SPRINT™ 30           | 17:50                | THE TRIP® 40         | 17:15          | THE TRIP® 40 VIRTUAL |
| 18:05 | SPRINT™ 30           | 17:40 | THE TRIP® 40         | 17:55 | RPM® 45              | 18:15 | THE TRIP® 40         | 18:45                | THE TRIP® 40 VIRTUAL |                |                      |
| 18:50 | THE TRIP® 40         | 18:30 | THE TRIP® 40         | 18:55 | THE TRIP® 40         | 19:10 | THE TRIP® 40 VIRTUAL |                      |                      | 18:00          | RPM® 45 VIRTUAL      |
| 19:45 | YKSITYISVARAUS       | 19:30 | THE TRIP® 40 VIRTUAL | 19:50 | THE TRIP® 40 VIRTUAL |       |                      |                      |                      | 19:00          | THE TRIP® 40 VIRTUAL |

HOT STUDIO

|       |                  |       |                 |                |                 |       |                 |                |                  |                 |                               |
|-------|------------------|-------|-----------------|----------------|-----------------|-------|-----------------|----------------|------------------|-----------------|-------------------------------|
|       |                  |       |                 | 7:30           | Morning Yoga 45 |       |                 |                |                  |                 |                               |
|       |                  |       | 9:30            | HotFlowYoga 60 |                 |       |                 |                |                  | 11:30           | HotFlowYoga 90                |
|       |                  |       |                 |                |                 |       | 10:30           | HotFlowYoga 60 | 10:10            | HotPilates 60   |                               |
|       |                  |       |                 |                |                 |       | 11:25           | HotPilates 45  | 11:15            | BODYBALANCE® 60 |                               |
|       |                  | 12:00 | HotFlowYoga 60  |                |                 |       |                 |                |                  |                 |                               |
|       |                  |       |                 |                |                 |       |                 |                |                  |                 |                               |
| 16:50 | HotPowerYoga 60  | 17:00 | HotFlowYoga 75  | 17:45          | BODYBALANCE® 45 | 17:00 | BODYBALANCE® 60 | 17:00          | HotStretching 45 | 17:00           | Pilates 60 (ilman lämmitystä) |
| 18:00 | HotPilates 45    | 18:35 | BODYBALANCE® 60 | 18:40          | HotFlowYoga 60  | 18:10 | HotPilates 60   |                |                  | 18:15           | HotYinYoga 90                 |
| 18:50 | HotStretching 30 | 19:40 | HotYinYoga 60   | 19:45          | HotYinYoga 60   | 19:15 | TeemaJooga 60   |                |                  |                 |                               |

Tuntien ohjaajat löytyvät MyEsportista

Esport pidättää oikeudet muutoksiin.

Päivitetty 31.12.2024