



Joulun erikoisaikataulut Esport Centerissä

SALI 1

maanantai 23.12.		tiistai 24.12. Jouluaatto		keskiviikko 25.12. Joulupäivä		torstai 26.12. Tapaninpäivä	
9:15	Body 60	9:15	BODYPUMP® 60			9:15	BODYPUMP® 60
10:30	Pilates 60					10:30	Core-Stretching 60
15:30	BODYPUMP® 60					15:30	BODYPUMP® 60
16:40	BODYCOMBAT® 60					16:40	BODYCOMBAT® 60
17:45	Body 60						

SALI 2

16:35	Core 30	10:25	Core 30			16:00	EsportEasy 60
17:10	SuperBooty 30	11:00	Upper Body 30			17:10	LES MILLS CORE™ 30
17:50	World Jumping® 30					17:50	LES MILLS SHAPES™ 45
18:25	LES MILLS CORE™ 30					17:50	BODYBALANCE® 60

TRIP STUDIO

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

HOT STUDIO Huom! *merkityt tunnit eivät ole lämmitettyjä

16:15	AstangaYoga 75*	8:00	BODYBALANCE® 60			11:40	HotYinYoga 90
17:40	YinYoga 75*					17:45	BODYBALANCE® 60
19:05	HotPilates 60						
20:10	HotStretching 45						

ARENA-SALI, TRIMMI

17:00	Zumba 60					17:50	Functional Fitness 60
17:05	Trimmi 45					11:00	Trimmi 45
18:05	BODYPUMP® 60						





Uuden vuoden erikoisaikataulut Esport Centerissä

SALI 1

tiistai 31.12.		keskiviikko 1.1.Uudenvuodenpäivä		maanantai 6.1.2025 Loppiainen	
9:15	BODYPUMP® 60			9:15	Body 60
15:00	BODYPUMP® 60			10:30	BODYATTACK® 60
16:10	BODYATTACK® 45			15:00	BODYPUMP® 60
				16:10	BODYCOMBAT® 60
				17:20	Body 60

SALI 2

10:25	Core 30			16:00	Core 30
11:00	Upper Body 30			16:35	SuperBooty 30
16:05	LES MILLS CORE™ 30				

TRIP STUDIO

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

HOT STUDIO Huom! *merkityt tunnit eivät ole lämmitettyjä

11:40	HotYinYoga 75			10:30	HotYoga 75
16:40	HotStretching 45			16:15	YinYoga 75*
				17:40	HotPilates 60

ARENA-SALI, TRIMMI

9:30	Trimmi 45			16:00	Zumba 60
				17:10	BODYPUMP® 60

