

# Pääsiäisen erikoisaikataulut Esport Bristol (17.4.-21.4.2025)



torstai 17.4.2025		perjantai 18.4.2025		lauantai 19.4.2025		sunnuntai 20.4.2025		maanantai 21.4.2025	
<b>STAGE</b>									
17:10	LES MILLS SHAPES® 45	11:00	BODYPUMP® 60	12:20	BODYPUMP® 60	15:00	BODYCOMBAT® 60	15:00	BODYPUMP® 60
18:05	BODYCOMBAT® 60								
<b>TRIP STUDIO</b>									
9:15	THE TRIP® 40 VIRTUAL	7:30	THE TRIP® 40 VIRTUAL	9:00	THE TRIP® 40 VIRTUAL	9:00	THE TRIP® 40 VIRTUAL	10:00	THE TRIP® 40 VIRTUAL
10:30	THE TRIP® 40	10:15	THE TRIP® 40 VIRTUAL	10:00	THE TRIP® 40	10:40	THE TRIP® 40	11:15	THE TRIP® 40
11:30	THE TRIP® 40 VIRTUAL	11:15	THE TRIP® 40	11:00	RPM® 45	11:40	THE TRIP® 40 VIRTUAL	12:15	THE TRIP® 40 VIRTUAL
15:00	RPM® 45 VIRTUAL	12:15	THE TRIP® 40	12:00	SRPINT® 30	12:40	RPM® 45 VIRTUAL	14:00	THE TRIP® 40 VIRTUAL
16:20	THE TRIP® 40	13:15	THE TRIP® 40 VIRTUAL	12:45	THE TRIP® 40 VIRTUAL	13:40	THE TRIP® 40 VIRTUAL	15:00	THE TRIP® 40 VIRTUAL
17:40	SRPINT® 30	14:15	RPM® 45 VIRTUAL	17:15	THE TRIP® 40 VIRTUAL	14:40	THE TRIP® 40 VIRTUAL	16:10	THE TRIP® 40
18:30	THE TRIP® 40 VIRTUAL	16:00	THE TRIP® 40 VIRTUAL			16:15	THE TRIP® 40	16:55	THE TRIP® 40 VIRTUAL
						17:15	THE TRIP® 40 VIRTUAL	18:00	THE TRIP® 40 VIRTUAL
<b>HOT STUDIO</b>									
7:30	MorningYoga 45	11:10	HotFlowYoga 60	10:10	HotPilates 60	11:30	HotFlowYoga 90	12:15	HotPilates 60
11:25	HotPilates 45	12:15	HotYinYoga 60			17:10	BODYBALANCE® 60	13:30	HotFlowYoga 75
17:15	HotPilates 60								
<b>FUNCTIONAL STUDIO</b>									
16:50	Upper body 30	13:15	Functional Fitness 45	13:30	Functional Fitness 45	16:10	LES MILLS CORE 45	16:10	LES MILLS SHAPES® 45
17:30	GRIT® STRENGTH 30							17:05	Functional Fitness 45

Kuntosali avoinna klo 7:00-22:00 perjantai 18.4. – maanantai 21.4. välisenä aikana.