



# Vapun treenit Esport Bristolissa 30.4.2025

keskiviikko 30.4.2025

STAGE		TRIP STUDIO		FUNCTIONAL STUDIO	
		7:30	THE TRIP® 40		
		9:30	THE TRIP® 40 VIRTUAL		
		10:30	THE TRIP® 40 VIRTUAL	10:40	LES MILLS® CORE 45
		11:40	THE TRIP® 40		
		15:00	THE TRIP® 40 VIRTUAL		
		16:10	THE TRIP® 40	16:15	Functional Fitness 45
17:05	BODYPUMP® 60	17:10	TeemaSpin 60		

Esport Bristol on suljettu 1.5.2025. Hauskaa vappua!