

Pääsiäisen erikoisaikataulut Esport Center (17.4.-21.4.2025)



| torstai 17.4.2025 | | perjantai 18.4.2025 | | lauantai 19.4.2025 | | sunnuntai 20.4.2024 | | maanantai 21.4.2025 | |
|---|----------------------------|---------------------|----------------------|--------------------|----------------------|---------------------|----------------------|---------------------|----------------------|
| SALI 1 & 2 | | | | | | | | | |
| 9:15 | BODYPUMP® 60 | 9:30 | Body 60 | 9:15 | EsportEasy 60 | 10:40 | EsportEasy 60 | 9:15 | Body 60 |
| 9:50 | Upper Body 30 | 10:25 | BODYBALANCE® 60 | 10:25 | BODYPUMP® 60 | 11:50 | Pilates 60 | 10:30 | Pilates 60 |
| 10:30 | Core-Stretching 60 | 11:35 | BODYPUMP® 60 | 11:35 | BODYCOMBAT® 60 | 18:25 | BODYCOMBAT® 60 | 11:40 | Zumba 60 |
| 16:40 | BODYPUMP® 60 RetroMix | 15:30 | BODYCOMBAT® 60 | 12:40 | Stretching 60 | | | 16:00 | BODYCOMBAT® 60 |
| 16:45 | Step 60 | | | | | | | 17:10 | Body 60 |
| 17:45 | BODYJAM® 60 | | | | | | | | |
| 18:55 | LES MILLS SHAPES™ 45 | | | | | | | | |
| TRIP STUDIO | | | | | | | | | |
| 7:00 | THE TRIP® 40 | 8:00 | THE TRIP® 40 VIRTUAL | 8:15 | THE TRIP® 40 VIRTUAL | 8:15 | THE TRIP® 40 VIRTUAL | 8:00 | THE TRIP® 40 VIRTUAL |
| 8:00 | THE TRIP® 40 VIRTUAL | 9:15 | THE TRIP® 40 VIRTUAL | 9:25 | THE TRIP® 40 | 9:30 | CardioRide 60 | 9:30 | THE TRIP® 40 |
| 10:30 | THE TRIP® 40 | 10:30 | CardioRide 60 | 10:25 | CardioRide 60 | 10:45 | THE TRIP® 40 VIRTUAL | 10:30 | CardioRide 60 |
| 11:30 | RPM® 45 VIRTUAL | 11:30 | THE TRIP® 40 VIRTUAL | 11:45 | THE TRIP® 40 | 11:40 | THE TRIP® 40 | 12:30 | THE TRIP® 40 VIRTUAL |
| 12:30 | THE TRIP® 40 VIRTUAL | 15:00 | THE TRIP® 40 VIRTUAL | 12:50 | THE TRIP® 40 VIRTUAL | 13:00 | RPM® 45 VIRTUAL | 14:00 | SPRINT™ 30 VIRTUAL |
| 14:00 | THE TRIP® 40 VIRTUAL | 16:00 | SPRINT™ 30 VIRTUAL | 13:40 | THE TRIP® 40 VIRTUAL | 14:00 | SPRINT™ 30 VIRTUAL | 14:45 | RPM® 45 VIRTUAL |
| 15:00 | THE TRIP® 40 VIRTUAL | 16:45 | THE TRIP® 40 | 14:30 | THE TRIP® 40 VIRTUAL | 15:30 | THE TRIP® 40 VIRTUAL | 15:45 | THE TRIP® 40 VIRTUAL |
| 16:00 | SPRINT™ 30 VIRTUAL | 17:45 | THE TRIP® 40 VIRTUAL | 15:30 | THE TRIP® 40 VIRTUAL | 16:30 | THE TRIP® 40 VIRTUAL | 16:55 | THE TRIP® 40 |
| 16:45 | THE TRIP® 40 | 18:40 | THE TRIP® 40 VIRTUAL | | | 17:30 | THE TRIP® 40 | 17:50 | SPRINT™ 30 VIRTUAL |
| 17:50 | CardioRide 60 | | | | | 18:30 | THE TRIP® 40 VIRTUAL | 18:25 | THE TRIP® 40 |
| 19:00 | THE TRIP® 40 | | | | | 19:30 | SPRINT™ 30 VIRTUAL | 19:20 | THE TRIP® 40 VIRTUAL |
| HOT STUDIO | | | | | | | | | |
| 11:40 | HotYinYoga 90 | 17:25 | HotYinYoga 75 | 11:30 | HotYoga 75 | 10:55 | HotYinYoga 75 | 10:30 | HotYoga 75 |
| 17:50 | Pilates 60 (ei lämmitystä) | | | | | 18:30 | HotFlowYoga 75 | 17:10 | BODYBALANCE® 60 |
| 18:55 | BODYBALANCE® 60 | | | | | | | 18:20 | HotStretching 60 |
| ARENA-SALI, TRIMMI, KAMPPILUKESKUS | | | | | | | | | |
| 16:50 | Boxing 60 | 10:45 | Kettlebell 50 | | | 17:20 | BODYPUMP® 60 | 18:05 | BODYPUMP® 60 |
| 17:45 | Functional Fitness 60 | | | | | | | | |
| 17:50 | Trimmi 45 | | | | | | | | |