

Vapun treenit Esport Centerissä 30.4. -1.5.2025

| keskiviikko 30.4.2025 | | torstai 1.5.2025 | |
|-----------------------|----------------|------------------|--|
| SALI 1 | | | |
| 7:00 | BODYPUMP® 45 | | |
| 10:25 | EsportEasy 45 | | |
| 11:15 | Pilates 60 | | |
| 15:30 | EsportEasy 60 | | |
| 16:40 | BODYCOMBAT® 60 | | |

| TRIP-STUDIO | | | |
|--------------------|----------------------|-------|----------------------|
| 7:00 | THE TRIP® 40 VIRTUAL | 12:15 | THE TRIP® 40 VIRTUAL |
| 8:00 | THE TRIP® 40 VIRTUAL | 13:15 | THE TRIP® 40 VIRTUAL |
| 9:30 | THE TRIP® 40 | 14:15 | THE TRIP® 40 VIRTUAL |
| 11:00 | THE TRIP® 40 VIRTUAL | 15:15 | THE TRIP® 40 VIRTUAL |
| 12:00 | RPM® 45 VIRTUAL | 16:15 | THE TRIP® 40 VIRTUAL |
| 14:30 | THE TRIP® 40 VIRTUAL | 17:15 | THE TRIP® 40 VIRTUAL |
| 15:30 | THE TRIP® 40 VIRTUAL | 18:15 | THE TRIP® 40 VIRTUAL |
| 16:40 | THE TRIP® 40 | 19:15 | THE TRIP® 40 VIRTUAL |

| HOT STUDIO | | | |
|-------------------|-----------------|--|--|
| 10:25 | HotFlowYoga 60 | | |
| 16:40 | BODYBALANCE® 60 | | |

Tuntien ohjaajat löytyvät MyEsportista. Esport pidättää oikeudet muutoksiin.