

# Alkukesän ryhmäliikuntatunnit

## Esport Bristol

(26.5.–19.6.2025)

| Maanantai         |                       | Tiistai |                      | Keskiviikko |                       | Torstai |                            | Perjantai |                       | Lauantai |                      | Sunnuntai |                            |
|-------------------|-----------------------|---------|----------------------|-------------|-----------------------|---------|----------------------------|-----------|-----------------------|----------|----------------------|-----------|----------------------------|
| STAGE             |                       |         |                      |             |                       |         |                            |           |                       |          |                      |           |                            |
| 11:00             | BODYPUMP® 60          | 10:45   | BODYCOMBAT® 60       | 16:50       | BODYATTACK® 45        | 17:00   | LES MILLS SHAPES 45        | 15:45     | BODYPUMP® 45          | 10:00    | Upper body 30        | 11:15     | BODYPUMP® 60               |
| 16:30             | BODYCOMBAT® 60        | 16:30   | BODYPUMP® 60         | 17:50       | BODYPUMP® 60          | 18:05   | BODYCOMBAT® 60             | 16:40     | BODYATTACK® 60        | 10:35    | GRIT® STRENGTH 30    | 17:05     | BODYCOMBAT® 60             |
| 17:40             | BODYPUMP® 60          | 17:45   | BODYATTACK® 45       |             |                       | 19:10   | BODYPUMP® 60               |           |                       |          |                      |           |                            |
|                   |                       | 18:40   | LES MILLS SHAPES 45  |             |                       |         |                            |           |                       |          |                      |           |                            |
| TRIP STUDIO       |                       |         |                      |             |                       |         |                            |           |                       |          |                      |           |                            |
| 7:45              | THE TRIP® 40 VIRTUAL  | 7:15    | THE TRIP® 40 VIRTUAL | 7:30        | THE TRIP®             | 9:15    | THE TRIP® 40 VIRTUAL       | 7:30      | THE TRIP®             | 10:00    | THE TRIP® 40         | 9:00      | THE TRIP® 40 VIRTUAL       |
| 10:00             | THE TRIP® 40 VIRTUAL  | 9:45    | THE TRIP® 40 VIRTUAL | 8:30        | THE TRIP® 40 VIRTUAL  | 10:45   | THE TRIP® 40               | 8:30      | RPM® 45 VIRTUAL       | 11:00    | RPM® 45              | 10:15     | THE TRIP® 40               |
| 11:00             | THE TRIP® 40 VIRTUAL  | 11:00   | RPM® 45 VIRTUAL      | 9:30        | RPM® 45 VIRTUAL       | 11:45   | THE TRIP® 40 VIRTUAL       | 9:30      | THE TRIP® 40 VIRTUAL  | 12:00    | SPRINT™ 30           | 11:20     | THE TRIP® 40 VIRTUAL       |
| 12:15             | THE TRIP® 40 VIRTUAL  | 12:00   | THE TRIP® 40 VIRTUAL | 10:30       | THE TRIP® 40 VIRTUAL  | 15:00   | RPM® 45 VIRTUAL            | 11:45     | THE TRIP® 40 VIRTUAL  | 12:45    | THE TRIP® 40 VIRTUAL | 16:10     | THE TRIP® 40               |
| 15:15             | THE TRIP® 40 VIRTUAL  | 15:00   | RPM® 45 VIRTUAL      | 11:40       | THE TRIP® 40          | 16:00   | THE TRIP® 40               | 14:50     | THE TRIP® 40 VIRTUAL  | 13:45    | THE TRIP® 40 VIRTUAL | 17:00     | THE TRIP® 40 VIRTUAL       |
| 16:20             | THE TRIP® 40          | 16:00   | THE TRIP® 40 VIRTUAL | 15:00       | THE TRIP® 40 VIRTUAL  | 17:25   | SPRINT™ 30 VIRTUAL         | 16:00     | THE TRIP® 40          | 15:00    | THE TRIP® 40 VIRTUAL | 18:00     | RPM® 45 VIRTUAL            |
| 17:10             | RPM® 45               | 17:00   | SPRINT™ 30           | 16:00       | THE TRIP® 40 VIRTUAL  | 18:15   | THE TRIP® 40               | 17:50     | THE TRIP® 40          | 17:15    | THE TRIP® 40 VIRTUAL | 19:00     | THE TRIP® 40 VIRTUAL       |
| 18:05             | SPRINT™ 30            | 17:40   | THE TRIP® 40         | 17:00       | THE TRIP® 40          | 19:10   | THE TRIP® 40 VIRTUAL       | 18:45     | THE TRIP® 40 VIRTUAL  |          |                      |           |                            |
| 18:50             | THE TRIP® 40          | 18:30   | THE TRIP® 40         | 17:55       | RPM® 45               |         |                            |           |                       |          |                      |           |                            |
| 19:45             | THE TRIP® 40 VIRTUAL  | 19:30   | THE TRIP® 40 VIRTUAL | 18:55       | THE TRIP® 40          |         |                            |           |                       |          |                      |           |                            |
|                   |                       |         |                      | 19:50       | RPM® 45 VIRTUAL       |         |                            |           |                       |          |                      |           |                            |
| HOT STUDIO        |                       |         |                      |             |                       |         |                            |           |                       |          |                      |           |                            |
| 17:00             | HotPowerYoga 60       | 17:00   | HotFlowYoga 75       | 17:45       | BODYBALANCE® 45       | 7:30    | Morning Yoga 45            | 9:45      | HotFlowYoga 60        | 11:15    | BODYBALANCE® 60      | 11:30     | HotFlowYoga 90             |
| 18:10             | HotPilates 45         | 18:35   | BODYBALANCE® 60      | 18:40       | HotFlowYoga 60        | 11:40   | HotPilates 45              | 17:00     | HotStretching 45      |          |                      | 17:00     | Pilates 60 (ei lämmitystä) |
|                   |                       | 19:40   | HotYinYoga 60        |             |                       | 17:00   | HotYinYoga 75              |           |                       |          |                      | 18:15     | HotYinYoga 90              |
|                   |                       |         |                      |             |                       | 18:25   | Pilates 60 (ei lämmitystä) |           |                       |          |                      |           |                            |
| FUNCTIONAL STUDIO |                       |         |                      |             |                       |         |                            |           |                       |          |                      |           |                            |
| 16:45             | LES MILLS SHAPES 45   | 16:15   | GRIT® CARDIO 30      | 10:40       | LES MILLS CORE™ 45    | 17:30   | GRIT® STRENGTH 30          | 11:00     | Upper body 30         |          |                      | 16:20     | GRIT® ATHLETIC 30          |
| 17:45             | Functional Fitness 45 | 17:00   | LES MILLS CORE™ 30   | 18:15       | Functional Fitness 45 |         |                            | 11:35     | Core 30               |          |                      | 17:00     | LES MILLS CORE™45          |
|                   |                       | 17:45   | Upper body 30        |             |                       |         |                            | 16:50     | Functional Fitness 45 |          |                      |           |                            |
|                   |                       | 18:30   | AirYoga 60           |             |                       |         |                            |           |                       |          |                      |           |                            |