

Alkukesän ryhmäliikuntatunnit

Esport Center

(26.5.–19.6.2025)

Maanantai		Tiistai		Keskiviikko		Torstai		Perjantai		Lauantai		Sunnuntai	
SALI 1													
9:15	Body 60	9:15	BODYPUMP® 60	7:00	BODYPUMP® 45	9:15	BODYPUMP® 60	9:30	Body 45	9:15	EsportEasy 60	9:30	BODYPUMP® 60
10:30	Pilates 60	16:00	BODYPUMP® 60	9:15	EsportEasy 60	10:30	Core-Stretching 60	10:25	BODYBALANCE® 60	10:25	BODYPUMP® 60	10:40	EsportShape 60
11:35	Stretching 30	17:10	DANCE 45	10:25	Pilates 60	16:40	BODYPUMP® 60 Retro	15:20	BODYPUMP® 60	11:35	BODYATTACK® 60	11:50	Pilates 60
16:40	BODYCOMBAT® 60	18:05	BODYSTEP® 60	17:00	BODYSTEP® 45	17:45	BODYJAM® 60	16:30	BODYCOMBAT® 60			17:20	BODYCOMBAT® 60
17:50	Body 60	19:20	BODYPUMP® 60 Retro	17:50	BODYPUMP® 60							19:30	BODYPUMP® 60
19:15	BODYATTACK® 60			19:00	BODYCOMBAT® 60								
SALI 2													
16:35	Core 30	10:25	Core 30	16:40	Zumba 60	9:50	Upper Body 30	10:20	BODYCOMBAT® 60	10:25	Upper Body 30	11:35	BODYSTEP® 60
17:10	SuperBooty 30	11:00	Upper Body 30	17:50	EsportEasy 45	17:35	EsportEasy 60	16:30	SuperBooty 30	11:00	LES MILLS CORE™ 45	17:30	LES MILLS SHAPES™ 45
17:50	World Jumping® 30	18:05	LES MILLS CORE™ 30	18:45	Pilates 60	18:55	LES MILLS SHAPES 45	17:05	Upper Body 30	12:40	Stretching 60	18:30	BODYBALANCE® 60
18:25	LES MILLS CORE™ 30	18:40	Upper Body 30										
		19:15	BODYBALANCE® 60										
TRIP STUDIO													
7:00	MorningRide 45	7:00	THE TRIP® 40	7:00	THE TRIP® 40 VIRTUAL	7:00	THE TRIP® 40	7:00	MorningRide 45	8:15	THE TRIP® 40 VIRTUAL	8:15	THE TRIP® 40 VIRTUAL
8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	8:00	THE TRIP® 40 VIRTUAL	9:25	THE TRIP® 40	9:30	CardioRide 60
9:30	THE TRIP® 40	9:40	CardioRide 30	9:30	THE TRIP® 40	10:30	THE TRIP® 40	9:15	THE TRIP® 40	10:20	CardioRide 60	10:45	THE TRIP® 40
11:30	THE TRIP® 40 VIRTUAL	10:30	THE TRIP® 40 VIRTUAL	11:00	THE TRIP® 40 VIRTUAL	11:30	RPM® 45 VIRTUAL	10:30	THE TRIP® 40 VIRTUAL	11:45	THE TRIP® 40	11:40	THE TRIP® 40 VIRTUAL
12:30	THE TRIP® 40 VIRTUAL	11:30	RPM® 45 VIRTUAL	12:00	RPM® 45 VIRTUAL	12:30	THE TRIP® 40 VIRTUAL	11:30	THE TRIP® 40 VIRTUAL	12:50	THE TRIP® 40 VIRTUAL	13:00	RPM® 45 VIRTUAL
14:00	SPRINT™ 30 VIRTUAL	14:15	THE TRIP® 40 VIRTUAL	14:30	THE TRIP® 40 VIRTUAL	14:00	THE TRIP® 40 VIRTUAL	15:00	THE TRIP® 40 VIRTUAL	13:40	THE TRIP® 40 VIRTUAL	14:00	SPRINT™ 30 VIRTUAL
14:45	RPM® 45 VIRTUAL	15:15	THE TRIP® 40 VIRTUAL	15:30	THE TRIP® 40 VIRTUAL	15:00	THE TRIP® 40 VIRTUAL	16:00	SPRINT™ 30 VIRTUAL	14:30	THE TRIP® 40 VIRTUAL	15:30	THE TRIP® 40 VIRTUAL
15:45	THE TRIP® 40 VIRTUAL	16:15	THE TRIP® 40 VIRTUAL	16:40	CardioRide 60	16:00	SPRINT™ 30 VIRTUAL	16:45	THE TRIP® 40 VIRTUAL	15:30	THE TRIP® 40 VIRTUAL	16:30	THE TRIP® 40
16:45	THE TRIP® 40	17:15	RPM® 45	18:05	THE TRIP® 40	16:45	THE TRIP® 40	17:45	THE TRIP® 40	17:30	THE TRIP® 40 VIRTUAL	17:30	THE TRIP® 40 VIRTUAL
17:50	SPRINT™ 30	18:15	THE TRIP® 40	18:55	THE TRIP® 40 VIRTUAL	17:50	CardioRide 60	18:40	THE TRIP® 40 VIRTUAL			18:30	THE TRIP® 40 VIRTUAL
18:25	THE TRIP® 40	19:05	THE TRIP® 40 VIRTUAL	19:45	SPRINT™ 30 VIRTUAL	19:00	THE TRIP® 40					19:30	SPRINT™ 30 VIRTUAL
19:20	THE TRIP® 40 VIRTUAL	20:00	SPRINT™ 30 VIRTUAL										
HOT STUDIO (huom. kaikki tunnit eivät ole lämmitettyjä)													
10:30	HotYoga 75	7:00	BODYBALANCE® 60	10:25	HotFlowYoga 60	11:40	HotYinYoga 90	16:30	Fascia Kehonhuolto 45	10:20	BODYBALANCE® 60	10:55	HotYinYoga 75
17:25	AstangaYoga 90 (ei läm)	11:40	HotYinYoga 75	16:40	BODYBALANCE® 60	16:25	Pilates 60 (ei lämmitystä)	17:25	HotYinYoga 75	11:30	HotYoga 75	18:30	HotFlowYoga 75
19:05	HotPilates 60	18:00	HotStretching 60	17:50	HotPowerYoga 60	17:35	AstangaYoga 75 (ei läm)						
20:10	HotStretching 45	19:10	HotYinYoga 75	19:00	HotYinYoga 75	18:55	BODYBALANCE® 60						
ARENA-SALI, TRIMMI, KAMPPAILUKESKUS													
17:05	Trimmi 45	9:30	Trimmi 45	17:05	Trimmi 45	17:45	Functional Fitness 60	16:00	Functional Fitness 60	12:00	BODYPUMP® 60 Retro	18:30	Trimmi 45
18:05	BODYPUMP® 60	17:10	Kahvakuula Start 50	17:50	Kettlebell 50								
19:05	Functional Fitness 60	17:40	Functional Fitness 60										
		18:15	Core-Stretching 45										