



Loppukesän ryhmäliikuntatunnit

Esport Bristol

(23.6.–8.8.2025)

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	VAIHTUVA LIHASKUNTO	11:15	BODYPUMP® 60
16:30	BODYCOMBAT® 60	16:30	BODYPUMP® 60	17:50	BODYPUMP® 60	18:05	BODYCOMBAT® 60	16:40	BODYATTACK® 60			17:05	BODYCOMBAT® 60
17:40	BODYPUMP® 60	17:45	BODYATTACK® 45										
		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 VIRTUAL	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 VIRTUAL	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 VIRTUAL	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 VIRTUAL	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 VIRTUAL	17:55	RPM® 45								
19:45	THE TRIP® 40 VIRTUAL	19:30	THE TRIP® 40 VIRTUAL	18:55	THE TRIP® 40 VIRTUAL								
				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	VAIHTUVA TUNTI	11:30	HotFlowYoga 90
18:10	HotPilates 45	18:35	BODYBALANCE® 60	18:40	HotFlowYoga 60							18:15	HotYinYoga 90
						17:00	HotYinYoga 75						
FUNCTIONAL STUDIO													
16:45	LES MILLS SHAPES™/ LES MILLS CORE™ 45	16:15	GRIT® CARDIO 30	10:40	LES MILLS CORE™ 45	17:30	GRIT® STRENGTH 30	11:00	Upper body 30			17:00	LES MILLS CORE™45
		17:00	LES MILLS CORE™ 30					11:35	Core 30				
17:45	Functional Fitness 45	17:45	Upper body 30					16:50	Functional Fitness 45				