



Syksyn ryhmäliikuntatunnit Esport Bristol (8.9.–31.12.2025)

Maanantai		Tiistai		Keskiviikko		Torstai		Perjantai		Lauantai		Sunnuntai	
STAGE													
11:00	BODYPUMP 60	10:45	BODYCOMBAT 60	16:50	BODYATTACK 45	10:45	BODYATTACK 45	15:45	BODYPUMP 45	11:00	BODYCOMBAT 60	11:15	BODYPUMP 60
16:30	BODYATTACK 60	16:45	BODYPUMP 45	17:50	BODYPUMP 60	16:45	LM GRIT STRENGTH 30	16:40	BODYATTACK 60	12:15	BODYPUMP 60	16:10	STRENGTH DEVELOP. 45
17:40	BODYPUMP 60	17:40	BODYCOMBAT 60	18:50	STRENGTH DEVELOP. 45	17:25	LES MILLS SHAPES 45					17:10	BODYCOMBAT 60
18:55	LES MILLS SHAPES 45	18:50	Power Pilates 45			18:15	BODYCOMBAT 60						
						19:20	BODYPUMP 45						
FUNCTIONAL STUDIO													
15:45	Power Legs 30	11:50	LES MILLS SHAPES 45	10:40	LES MILLS CORE 45			11:00	Upper Body 30	10:30	LM GRIT STRENGTH 30	17:05	LES MILLS CORE 45
16:30	Functional Fitness 45	16:15	LM GRIT CARDIO 30					11:35	Power Legs 30	13:30	Functional Fitness 45	18:00	Air Yoga 60
17:25	Core 30	17:00	Upper Body 30					16:50	Functional Fitness 45				
18:00	BODYJAM 45	17:45	LES MILLS CORE 30										
		18:25	BODYJAM 60										
TRIP STUDIO													
7:45	THE TRIP 40 VIRTUAL	7:15	THE TRIP 40 VIRTUAL	7:30	THE TRIP 40	8:30	THE TRIP 40 VIRTUAL	7:30	THE TRIP 40	10:10	THE TRIP 40	8:15	THE TRIP 40 VIRTUAL
10:00	THE TRIP 40 VIRTUAL	9:45	THE TRIP 40 VIRTUAL	8:30	THE TRIP 40 VIRTUAL	9:45	THE TRIP 40 VIRTUAL	8:30	RPM 45 VIRTUAL	11:10	RPM 45	9:10	RPM 45 VIRTUAL
11:00	THE TRIP 40 VIRTUAL	11:00	RPM 45 VIRTUAL	9:30	RPM 45 VIRTUAL	10:45	RPM 45 VIRTUAL	9:40	THE TRIP 40 VIRTUAL	12:05	LES MILLS SPRINT 30	10:15	THE TRIP 40
12:15	RPM 45 VIRTUAL	12:00	THE TRIP 40 VIRTUAL	10:30	THE TRIP 40 VIRTUAL	11:45	THE TRIP 40 VIRTUAL	11:50	THE TRIP 40 VIRTUAL	12:50	THE TRIP 40 VIRTUAL	11:20	THE TRIP 40 VIRTUAL
15:15	THE TRIP 40 VIRTUAL	15:00	RPM 45 VIRTUAL	11:40	THE TRIP 40	15:20	LM SPRINT 30 VIRTUAL	14:50	THE TRIP 40 VIRTUAL	13:50	THE TRIP 40 VIRTUAL	16:15	THE TRIP 40
16:20	THE TRIP 40	16:00	THE TRIP 40 VIRTUAL	15:00	THE TRIP 40 VIRTUAL	16:10	THE TRIP 40	16:00	THE TRIP 40	17:15	THE TRIP 40 VIRTUAL	17:15	THE TRIP 40 VIRTUAL
17:10	RPM 45	17:00	LES MILLS SPRINT 30	16:00	THE TRIP 40 VIRTUAL	17:15	Cardio Ride 45	17:50	THE TRIP 40			18:15	RPM 45 VIRTUAL
18:05	LES MILLS SPRINT 30	17:40	THE TRIP 40	17:00	THE TRIP 40	18:15	THE TRIP 40	18:45	THE TRIP 40 VIRTUAL			19:10	THE TRIP 40 VIRTUAL
18:50	THE TRIP 40	18:30	THE TRIP 40	17:55	RPM 45								
		19:30	THE TRIP 40 VIRTUAL	18:50	THE TRIP 40								
				19:50	LM SPRINT 30 VIRTUAL								
HOT STUDIO													
17:00	Hot Power Yoga 60	17:00	Hot Flow Yoga 75	16:00	LES M. YOGA 45 (ei läm.)	7:30	Morning Yoga 45	10:30	Hot Flow Yoga 60	10:00	Hot Pilates 60	11:30	Hot Flow Yoga 90
18:05	Hot Stretching 30	18:25	Hot Yin Yoga 60	17:50	BODYBALANCE 45	11:40	Hot Pilates 45	17:00	Hot Stretching 45	11:15	BODYBALANCE 60	17:00	Pilates 60 (ei lämmitystä)
18:50	BODYBALANCE 60	19:35	BODYBALANCE 45	18:40	Hot Flow Yoga 60	17:05	Hot Yin Yoga 75					18:15	Hot Yin Yoga 90
				19:45	Hot Yin Yoga 60	18:30	Hot Pilates 60						