



Kevään ryhmäliikuntatunnit Esport Bristol (2.1.–31.5.2026)

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