



Kevään ryhmäliikuntatunnit Esport Center & Arena (2.1.–31.5.2026)

Maanantai		Tiistai		Keskiviikko		Torstai		Perjantai		Lauantai		Sunnuntai	
SALI 1													
9:15	Body 60	9:15	BODYPUMP HEAVY 55	7:00	BODYPUMP 45	9:15	BODYPUMP 60	9:30	Body 45	9:15	Esport Easy 60	9:30	BODYPUMP 60
10:30	Pilates 60	10:25	Core 30	9:15	Move n' Groove 60	10:30	Core-Stretching 60	10:25	LES MILLS SHAPES 45	10:30	BODYPUMP 60	10:40	Move n' Groove 60
15:30	BODYPUMP 60	11:00	Upper Body 30	10:25	Esport Easy 45	16:35	BODYPUMP 60 RetroMix	15:30	BODYPUMP HEAVY 55	11:35	BODYATTACK 60	11:50	Pilates 60
16:40	BODYCOMBAT 60	16:00	BODYPUMP 60	11:20	Pilates 60	17:40	Step 60	16:40	BODYCOMBAT 60			16:00	BODYJAM 60
17:50	Body 60	17:10	DANCE 45	16:50	Esport Easy 45	18:50	GRIT CARDIO 30					17:05	BODYCOMBAT 60
19:00	BODYATTACK 60	18:05	BODYSTEP 60	17:50	BODYPUMP 60							19:30	BODYPUMP 60
		19:20	BODYPUMP 60 RetroMix	18:50	BODYCOMBAT 60								
SALI 2													
11:40	Stretching 45	18:05	Core 30	16:45	BODYATTACK 45	9:15	Power Legs 30	10:20	BODYCOMBAT 60	9:30	World Jumping 45	10:40	LES MILLS CORE 45
16:35	Core 30	18:40	Upper Body 30	17:40	Power Pilates 60	9:50	Upper Body 30	16:30	Power Legs 30	10:25	Upper Body 30	11:35	BODYSTEP 60
17:10	Power Legs 30	19:15	BODYBALANCE 60			10:30	Treeni Start 45	17:05	Upper Body 30	11:00	LES MILLS CORE 45	18:15	BODYBALANCE 60
17:50	World Jumping 30					17:50	LES MILLS SHAPES 45	17:45	LES MILLS CORE 45	12:40	Stretching 60		
18:25	LES MILLS CORE 30												
TRIP STUDIO													
7:00	Morning Ride 45	7:00	THE TRIP 40	7:00	THE TRIP 40 VIRTUAL	7:00	THE TRIP 40	7:00	Morning Ride 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	Cardio Ride 60
9:30	THE TRIP 40	9:40	Cardio Ride 30	9:30	THE TRIP 40	10:30	THE TRIP 40	9:15	THE TRIP 40	10:20	Cardio Ride 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	11:50	THE TRIP 40	11:40	THE TRIP 40
12:30	THE TRIP 40 VIRTUAL	11:30	RPM 45 VIRTUAL	12:00	RPM 45 VIRTUAL	12:30	THE TRIP 40 VIRTUAL	11:30	Sisäpyöräily Start 30	12:50	THE TRIP 40 VIRTUAL	13:00	RPM 45 VIRTUAL
14:00	LM 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	LM 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	LM SPRINT 30 VIRTUAL	14:30	THE TRIP 40 VIRTUAL	15:30	THE TRIP 40 VIRTUAL
15:45	THE TRIP 40 VIRTUAL	16:10	THE TRIP 40	17:00	LM SPRINT 30 VIRTUAL	16:00	LM SPRINT 30 VIRTUAL	16:50	Cardio Ride 45	15:30	THE TRIP 40 VIRTUAL	16:30	THE TRIP 40 VIRTUAL
16:55	THE TRIP 40	17:15	RPM 45	17:40	Cardio Ride 60	16:45	THE TRIP 40	17:50	THE TRIP 40	17:30	THE TRIP 40 VIRTUAL	17:30	THE TRIP 40 VIRTUAL
17:50	LES MILLS SPRINT 30	18:15	THE TRIP 40	18:50	THE TRIP 40	17:50	Cardio Ride 60	18:40	THE TRIP 40 VIRTUAL			18:15	THE TRIP 40
18:25	THE TRIP 40	19:05	THE TRIP 40 VIRTUAL	19:45	LM SPRINT 30 VIRTUAL	19:00	THE TRIP 40					19:15	THE TRIP 40 VIRTUAL
19:20	THE TRIP 40 VIRTUAL	20:00	LM SPRINT 30 VIRTUAL										
HOT STUDIO (Huom. kaikki tunnit eivät ole lämmitettyjä)													
10:30	Hot Yoga 75	7:00	BODYBALANCE 60	10:25	Hot Flow Yoga 60	11:40	Hot Yin Yoga 90	11:30	Hot Yin Yoga 75	10:20	BODYBALANCE 60	10:20	Hot Flow Yoga 75
16:15	Astanga Yoga 75 (ei läm.)	11:40	Hot Yin Yoga 75	16:40	BODYBALANCE 60	16:25	Pilates 60 (ei lämmitystä)	16:30	Fascia-kehonhuolto 45	11:35	Hot Yoga 75	11:45	Hot Yin Yoga 75
17:40	Yin Yoga 75 (ei läm.)	17:00	Hot Pilates 60	17:50	Hot Power Yoga 60	17:30	Astanga Yoga 75 (ei läm.)	17:25	Hot Yin Yoga 75			17:30	Hot Stretching 45
19:05	Hot Pilates 60	18:10	Hot Stretching 60	19:00	Hot Yin Yoga 75	18:55	BODYBALANCE 60					18:30	Hot Flow Yoga 75
20:10	Hot Stretching 45	19:15	Hot Yin Yoga 75										
ARENA-SALI, CROSSTRaining-SALI, TRIMMI, KAMPAILUKESKUS													
9:00	Voimaa vuosiin 60	9:30	Trimmi 45	17:45	Kettlebell 50	17:15	Kickboxing 60	7:00	Kettlebell 50	10:20	Zumba 60	10:40	Trimmi 45
16:40	Voimaa vuosiin 60	10:00	Voimaa vuosiin 60	17:50	Trimmi 45	17:45	Functional Fitness 60	16:30	Functional Fitness 60	12:00	BODYPUMP 60 RetroMix	17:00	BODYPUMP HEAVY 55
16:45	Treeni Start 45	16:55	Boxing 60									18:30	Trimmi 45
17:10	Trimmi 45	17:00	Functional Fitness 60										
18:05	BODYPUMP 60	17:10	Kahvakuula Start 50										
19:05	Functional Fitness 60	18:15	Core-Stretching 45										