ESPORT CENTER AIKATAULUT 31.8.-31.12.2026

MAANANTAI		TIISTAI		KESKIVIIKKO		TORSTAI		PERJANTAI		LAUANTAI		SUNNUNTAI	
SALI 1													
9.15	Body 60	9.15	BODYPUMP HEAVY 55	7.00	BODYPUMP HEAVY 45	9.15	BODYPUMP 60	9.30	Body 45	9.15	Esport Easy 60	9.30	BODYPUMP 60
16.40	BODYCOMBAT 60	10.25	Core 30	9.15	Move 'n' Groove 60	10.25	Core-Stretching 60	10.25	LES MILLS SHAPES 45	10.25	BODYPUMP 60	10.40	Move 'n' Groove 60
17.50	BODYPUMP 60	11.00	UpperBody 30	10.20	Esport Easy 45	16.40	BODYPUMP 60 Retro Mix	15.30	BODYPUMP HEAVY 60	11.35	BODYATTACK 60	11.50	Pilates 60
19.00	BODYATTACK 60	16.00	BODYPUMP 60	17.05	DANCE 45	17.50	BODYSTEP 60	16.40	BODYCOMBAT 60			18.10	BODYCOMBAT 60
		17.10	Body 45	18.00	BODYPUMP HEAVY 60							19.20	BODYPUMP 60
		18.00	BODYJAM 60	19.10	BODYCOMBAT 60								
		19.10	BODYPUMP 60 Retro Mix										
SALI 2													
10.30	Pilates 60	17.05	LES MILLS SHAPES 45	11.15	Pilates 60	7.00	LES MILLS SHAPES 45	16.30	Power Legs 30	9.30	World Jumping 45	10.40	LES MILLS CORE 45
16.35	Core 30	18.00	Core 30	17.00	Body 45	16.10	LES MILLS SHAPES 45	17.05	Upper Body 30	10.25	Upper Body 30	11.35	BODYSTEP 60
17.10	Power Legs 30	18.35	Upper Body 30	17.55	BODYATTACK 45	17.00	LES MILLS DANCE 45	17.45	LES MILLS CORE 30	11.00	LES MILLS CORE 30	17.15	BODYBALANCE 60
17.50	World Jumping 30	19.15	BODYBALANCE 60	18.50	Power Pilates 60	17.55	Functional Fitness 60			12.30	Stretching 60		
18.30	LES MILLS CORE 30												
19.05	Functional Fitness 60												
TRIP STUDIO													
7.00	Morning Ride 45	7.15	THE TRIP 40	7.00	THE TRIP 40 VIRTUAL	7.00	THE TRIP 40 VIRTUAL	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	8.30	Cardio Ride 30	8.00	THE TRIP 40 VIRTUAL	9.25	THE TRIP 40	9.30	Cardio Ride 60
9.30	THE TRIP 40	9.30	THE TRIP 40	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
10.30	THE TRIP 40 VIRTUAL	10.30	RPM 45 VIRTUAL	10.30	THE TRIP 40 VIRTUAL	11.30	THE TRIP 40 VIRTUAL	10.30	THE TRIP 40 VIRTUAL	11.40	THE TRIP 40	11.45	THE TRIP 40
11.30	THE TRIP 40 VIRTUAL	11.30	THE TRIP 40 VIRTUAL	11.30	RPM 45 VIRTUAL	14.00	THE TRIP 40 VIRTUAL	11.30	THE TRIP 40 VIRTUAL	12.40	THE TRIP 40 VIRTUAL	13.00	THE TRIP 40 VIRTUAL
14.50	THE TRIP 40 VIRTUAL	14.30	THE TRIP 40 VIRTUAL	15.00	THE TRIP 40 VIRTUAL	15.00	THE TRIP 40 VIRTUAL	14.50	THE TRIP 40 VIRTUAL	13.30	THE TRIP 40 VIRTUAL	14.00	THE TRIP 40 VIRTUAL
15.50	THE TRIP 40 VIRTUAL	15.30	THE TRIP 40 VIRTUAL	16.00	THE TRIP 40 VIRTUAL	16.00	LES MILLS SPRINT 30 VIRTUAL	15.50	THE TRIP 40 VIRTUAL	14.20	THE TRIP 40 VIRTUAL	15.00	THE TRIP 40 VIRTUAL
16.50	RPM 45	16.30	Cardio Ride 30	17.10	THE TRIP 40	17.10	THE TRIP 40 VIRTUAL	16.50	Cardio Ride 45	15.20	THE TRIP 40 VIRTUAL	16.20	THE TRIP 40 VIRTUAL
17.45	LES MILLS SPRINT 30	17.10	RPM 45	18.00	THE TRIP 40	18.00	RPM 45	17.50	THE TRIP 40	17.30	THE TRIP 40 VIRTUAL	17.20	THE TRIP 40
18.25	THE TRIP 40	18.20	THE TRIP 40	18.55	Cardio Ride 60	19.05	THE TRIP 40	18.40	THE TRIP 40 VIRTUAL			18.20	THE TRIP 40 VIRTUAL
19.20	THE TRIP 40 VIRTUAL	19.15	THE TRIP 40 VIRTUAL	20.10	LES MILLS SPRINT 30 VIRTUAL	19.50	THE TRIP 40 VIRTUAL	19.40	THE TRIP 40 VIRTUAL			19.20	THE TRIP 40 VIRTUAL
		20.10	LES MILLS SPRINT 30 VIRTUAL										
HOT STUDIO													
11.40	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	10.15	Hot Flow Yoga 75
16.15	Astanga Yoga 75 (ei lämmitystä)	11.40	Hot Yin Yoga 75	16.40	BODYBALANCE 60	17.30	Astanga Yoga 75 (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.)	17.15	Core-Stretching 60	17.50	Hot Power Yoga 60	18.55	BODYBALANCE 60	17.25	Hot Yin Yoga 75			17.30	Hot Stretching 45
19.05	Hot Pilates 60	18.25	Hot Yin Yoga 75	19.00	Hot Yin Yoga 75							18.30	Hot Flow Yoga 75
20.10	Hot Stretching 45												