

AIKATAULU ESPORT CENTER

2.9.–31.12.2024

Päivitetty 8.11.2024



SALI 1

maanantai	tiistai	keskiviikko	torstai	perjantai	lauantai	sunnuntai
		7:00 BODYPUMP® 45				9:15 EsportEasy 60
9:15 Body 60	9:15 BODYPUMP® 60	9:15 EsportShape 60	9:15 BODYPUMP® 60	9:30 Body 45	10:25 BODYPUMP® 60	10:40 EsportShape 60
10:30 Pilates 60		10:25 EsportEasy 45	10:30 Core-Stretching 60	10:25 BODYBALANCE® 60	11:35 BODYATTACK® 60	11:50 Pilates 60
		11:15 Pilates 60			12:45 BODYCOMBAT® 60	
15:30 BODYPUMP® 60	16:00 BODYPUMP® 60			15:20 BODYPUMP® 60		
16:40 BODYCOMBAT® 60	17:10 DANCE 45	17:00 EsportEasy 45	16:40 BODYPUMP® 60 RetroMix	16:30 BODYCOMBAT® 60		17:15 BODYJAM® 60
17:55 Body 60	18:05 BODYSTEP® 60	17:50 BODYPUMP® 60	17:45 BODYJAM® 60			18:25 BODYCOMBAT® 60
19:15 BODYATTACK® 60	19:15 BODYPUMP® 60 RetroMix	19:00 BODYCOMBAT® 60	18:50 GRIT® CARDIO 30			19:30 BODYPUMP® 60

SALI 2

	10:25 Core 30		9:15 SuperBooty 30		9:00 Zumba 75	
	11:00 Upper Body 30		9:50 Upper Body 30	10:20 BODYCOMBAT® 60	10:25 Upper Body 30	10:40 LES MILLS CORE™ 45
					11:00 LES MILLS CORE™ 45	11:35 BODYSTEP® 60
					12:40 Stretching 60	
16:35 Core 30	17:10 BODYATTACK® 45					
17:10 SuperBooty 30	18:00 LES MILLS CORE™ 30	17:00 BODYSTEP® 45	16:45 Step 60	16:30 SuperBooty 30		
17:50 World Jumping® 30	18:35 Upper Body 30	17:55 Les Mills Dance® 45	17:55 World Jumping® 45	17:05 Upper Body 30		17:30 LES MILLS SHAPES™ 45
18:25 LES MILLS CORE™ 30	19:15 BODYBALANCE® 60	18:45 Pilates 60	18:55 LES MILLS SHAPES™ 45	17:45 LES MILLS CORE™ 30		18:30 BODYBALANCE® 60

TRIP STUDIO

7:00 MorningRide 45	7:00 THE TRIP® 40	7:00 THE TRIP® 40 VIRTUAL	7:00 THE TRIP® 40	7:00 MorningRide 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 CardioRide 60
9:30 THE TRIP® 40	9:40 CardioRide 30	9:30 THE TRIP® 40	10:30 THE TRIP® 40	9:15 THE TRIP® 40	10:20 CardioRide 60	10:45 THE TRIP® 40
11:30 THE TRIP® 40 VIRTUAL	10:30 THE TRIP® 40	11:00 THE TRIP® 40 VIRTUAL	11:30 RPM® 45 VIRTUAL	10:30 THE TRIP® 40 VIRTUAL	11:45 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 THE TRIP® 40 VIRTUAL	12:50 THE TRIP® 40 VIRTUAL	
					13:40 THE TRIP® 40 VIRTUAL	13:00 RPM® 45 VIRTUAL
14:00 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	14:30 THE TRIP® 40 VIRTUAL	14:00 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 SPRINT™ 30 VIRTUAL	15:30 THE TRIP® 40 VIRTUAL	15:30 THE TRIP® 40 VIRTUAL
15:45 THE TRIP® 40 VIRTUAL	16:15 THE TRIP® 40	16:40 CardioRide 60	16:00 SPRINT™ 30 VIRTUAL	16:45 CardioRide 45		16:30 THE TRIP® 40
16:55 THE TRIP® 40	17:15 RPM® 45	18:05 THE TRIP® 40	16:45 THE TRIP® 40	17:45 THE TRIP® 40		17:30 THE TRIP® 40
17:50 SPRINT™ 30	18:15 THE TRIP® 40	18:55 THE TRIP® 40	17:50 CardioRide 60	18:40 THE TRIP® 40 VIRTUAL		18:30 THE TRIP® 40 VIRTUAL
18:25 THE TRIP® 40	19:05 THE TRIP® 40 VIRTUAL	19:45 SPRINT™ 30 VIRTUAL	19:00 THE TRIP® 40			19:30 SPRINT™ 30 VIRTUAL
19:20 THE TRIP® 40 VIRTUAL	20:00 SPRINT™ 30 VIRTUAL					

HOT STUDIO Huom! Kaikki tunnit eivät ole lämmitettyjä

	7:00 BODYBALANCE® 60				10:00 HotYoga 75	9:45 HotFlowYoga 60
10:30 HotYoga 75		10:25 HotFlowYoga 60			11:25 BODYBALANCE® 60	10:55 HotYinYoga 75
	11:40 HotYinYoga 75		11:40 HotYinYoga 90			
16:15 AstangaYoga 75 (ei lämmitystä)						
17:40 YinYoga 75 (ei lämmitystä)	17:05 HotFlowYoga 60	16:40 BODYBALANCE® 60	16:25 AstangaYoga 75 (ei lämmitystä)	16:30 Fascia Kehonhuolto 45		
19:05 HotPilates 60	18:15 HotStretching 45	17:50 HotPowerYoga 60	17:50 Pilates 60 (ei lämmitystä)	17:25 HotYinYoga 75		17:35 HotStretching 45
20:10 HotStretching 45	19:05 HotYinYoga 75	19:00 HotYinYoga 75	18:55 BODYBALANCE® 60			18:30 HotFlowYoga 75

ARENA-SALI, TRIMMI, KAMPAILUKESKUS

	9:30 Trimmi 45			7:00 Kettlebell 50		10:50 Trimmi 45
					12:00 BODYPUMP® 60 RetroMix	
17:00 Zumba 60	17:10 Kahvakuula Start 50		16:45 Boxing 60			
17:05 Trimmi 45	17:15 KickBoxing 60		17:45 Functional Fitness 60			
18:05 BODYPUMP® 60	17:40 Functional Fitness 60	17:50 Kettlebell 50	17:50 Trimmi 45	15:30 Trimmi 45		17:20 BODYPUMP® 60
19:05 Functional Fitness 60	18:20 Core 30	18:00 Trimmi 45				18:30 Kettlebell 50

Tuntien ohjaajat löytyvät MyEsportista

Esport pitää oikeudet muutoksiin.