SCHEMA GRUPPTRÄNING

VT 2019 (7 JAN - 31 MARS)

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
06:45 Puls & Pump 45 min Henrik	08:15 BodyBalance 45 Matilda B	06:30 Spinning 45 Paula	09:00 Abs & Ass 45 Sara	08:15 Spinning 45 Malin B	09:00 ZumbaFitness 45 Tove	09:30 BodyPump Maria
09:00 Performance Senior 45 Camilla	09:00 Performance Beat 45 Annelie	09:00 Easyline Senior Matilda O	10:00 Performance Senior 45 Malin L	09:00 Functional Fitness Jonathan	09:15 Easyline Jessica	10:45 PowerYoga Nybörjare Maria
10:00 Performance 45 Annelie	11:00 Spinning 45 Sara	09:00 Performance 45 Malin B	11:00 Performance 45 Sara	09:00 Performance Beat 45 Matilda O	09:30 Performance 45 Nejwan	16:00 DanceAerobic 45 Lotta
10:00 Mamma/barn 30 Bäckenbotten Malin	17:45 Abs & Ass 45 Malin B	10:00 Mamma/barn 30 Styrka Malin B	17:15 Tabata 45 Malin L	09:15 Seniormix 45 Malin B	09:55 Abs & Ass 30 min Sepideh	16:00 Tabata 45 Angelica
11:00 Puls & Pump 45 Malin L	18:00 Grit Cardio 30 Angelica	11:15 Tabata 45 Matilda O	17:30 PowerYoga Anna H	10:15 BodyPump 30 Matilda O	10:15 PowerYoga 75 Ana M	17:00 Easyline 45 Hanna
17:45 Tabata 45 Catrin	18:35 Mobility 30 Emil	17:45 BodyCombat 45 Catrin	18:15 Spinning Jessica	10:55 CxWorx 30 Matilda O	10:35 Grit Strength 30 Nejwan	17:00 Spinning Rullande
17:45 Performance Beat 45 Sara	18:45 Performance 45 Angelica	17:45 BodyPump Lotta	18:15 BodyJam 45 Sara	15:30 Performance 45 Camilla	11:30 Strong by Zumba Gunilla	17:00 CXWORX Angelica
18:00 Functional Fitness Jonathan	18:45 Spinning 45 Malin B	18:00 Functional Fitness Louise	18:30 Performance 45 min Malin L	16:30 Puls & Pump 45 Lotta		17:30 Functional Fitness Maria
18:00 Pilates Gunilla	18:40 CxWorx 30 Madde	18:30 Performance Beat 45 min Hanna	18:45 Mobility 30 min Emil			
18:40 BodyPump 45 Matilda O	19:00 Functional Fitness Max H	18:30 Spinning Annika	19:00 Functional Fitness Max H			
18:45 Spinning 45 Catrin	19:15 PowerYoga 75 Magdalena	18:35 Core 30 Catrin	19:15 Strong by Zumba Gunilla			
19:00 Functional Fitness Jonathan	19:20 BodyJam Madde/ Matilda O	18:55 Zumba Fitness Gunilla	19:30 Thaibox Johan			
19:00 AfroPower Gunilla		19:15 BodyBalance Linda				
19:45 Spinning Micke		20:00 Grit Strength 30 Anna				
20:00 Thaibox Peter						

FÄRGKODER SALAR:
GYM
SPINNING
SAL 1
SAL 2
SÅGVÄGEN
EASYLINE