


GRUPPTRÄNING HT-18

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	07:00 Yoga Ashtanga 50 Helena					
08:00 Cross mix 55 Pernilla	08:00 Circle 55 Stefania	08:00 Cross mix 55 Pernilla	08:00 Yoga Yin 55 Elin	08:00 Pump 55 Lina		
	08:00 Spin 45 Helena	11:45 Yoga Flow 50 Helena	10:00 Circle 55 Karin		10:00 Shifting Strength/Cardio/Spin	
					11:00 Shifting Strength/Cardio/Spin	
16:00 Spin tema 45 Behnaz		16:00 Core 45 Niki	16:00 Zumba Toning 55 Kajsa	16:00 TRX Behnaz		17:30 Powerstep 55 Lina/Isabell
17:00 Pump 55 Isabell	17:00 Abs 'n' ass Interval 55 Isabell	17:00 Tabata 55 Lina	17:00 Abs 'n' ass 55 Isabell	17:00 Shifting Strength/Cardio/Spin		18:30 Shifting Strength/Cardio/Spin
17:30 Bootcamp 55 ** Fernando	17:05 Box 55 ** Fernando	17:10 Spin Tema 45 Isabell	17:30 Indoor Running 30 * Jackie			
18:00 Core 45 Niki	18:00 Pump 55 Lina	18:00 Dancefusion 45 Cecilia	18:00 HIIT 45 Rita			
18:10 Spin 45 Isabell	18:10 Spin 45 Cecilia	18:10 Spin 45 Lina S	18:05 Box 55 ** Lukas			
19:00 Tabata 55 Niki	19:00 Zumba 55 Rita	19:00 HIIT 45 Stefania	18:10 Spin 45 Helena			
20:00 Yoga Soft/Flow 55 Suzanne		20:00 Yoga Soft/Flow 55 Suzanne	19:10 Pilates 55 Lukas			

- Cykel
- Kondition
- Styrka
- Koordination
- Yoga /Pilates
- Kombination styrka/kondition



* Löpband
** C-hallen/A-hallen

Med reservation för ändringar