

GRUPPTRÄNING VT-19

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	08:00 Circle 55 Stefania	08:00 Cross mix 55 Pernilla	08:00 Circle 55 Karin	08:00 Pump 55 Lina		
	08:00 Spin 45 Helena	11:45 Yoga Flow 50 Helena			10:00 Shifting Strength/Cardio/Spin	
16:00 TRX 55 Behnaz			17:00 Abs 'n' ass Interval 55 Isabell	16:00 TRX/Spin 60 Behnaz	11:00 Shifting Strength/Cardio/Spin	17:30 Powerstep 55 Isabell
17:00 Pump 55 Isabell	17:00 Abs 'n' ass 55 Isabell	17:00 Bootcamp 55 Lina	17:10 Spin 45 Helena			Shifting Strength/Cardio/Spin
17:30 Bootcamp 55 ** Fernando	17:05 Box 55 ** Fernando	17:10 Spin Tema 45 Isabell	17:30 Indoor Running 35 * Jackie			18:30 Yoga Soft/Flow 55 Suzanne/Kajsa
18:00 Core 45 Niki	18:00 Tabata 55 Lina	18:00 Pump 55 Lina	18:00 Zumba Toning 55 Kajsa			
18:10 Spin 45 Isabell	18:10 Spin 45 Cecilia/Fabian	18:10 Spin 45 Amanda	18:05 Box 55 ** Lukas			
19:00 Tabata 55 Niki	19:00 Zumba 55 Rita	19:00 HIIT 45 Stefania	19:10 Pilates 55 Lukas			
20:00 Yoga Soft/Flow 55 Suzanne	19:30 Indoor Running 35 * Jackie	20:00 Yoga Soft/Flow 55 Suzanne	20:10 Pump 55 Lisa			

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



OLYMPEN
TRÄNINGSCENTER

* Löpband
** C-hallen/A-hallen

Med reservation för ändringar