

SCHEMA VÅR 2024

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
17:00 H.I.I.T CYKEL 45 LISA	09:00 SENIOR STYRKA 60 ANETTE	17:30 PILATES MELINDA	10:00 SENIOR CIRKEL 60 ANETTE	10:30 SENIOR PULS 45 HANNA	10:00 CHALLENGE 60 CAMILLA/HANNA/EMMA	15:00 STRENGTH CLUB THOMAS/CAMILLA
18:00 FIFTY/FIFTY JONATHAN	18:30 FIFTY/FIFTY 60 EMMA	18:00 H.I.I.T CYKEL 45 FRIDA	17:30 STRENGTH INTERVALS 45 HANNA	11:30 FIFTY/FIFTY 45 HANNA	10:00 YOGA 75 MALIN	16:30 YIN YOGA 75 ILDIKO / AMELIE
18:30 YOGA 60 SOFIA	19:00 YOGA STRENGTH 60 ILDIKO	18:50 CORE 30 FRIDA	19:00 YIN YOGA 75 YOGA NIDRA MIA/KADRI	16:30 H.I.I.T CYKEL 50 ANNE		