

Fr,v3	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Söndag	
08:00	08:00-08:55 Vakna med Lisa – Lisa	08:00-08:55 Vakna med Lisa - Lisa		07:00-08:00 YinYoga- Marie			08:00
09:00							09:00
09:45					09:45-10:45 Senior Cirkel – Elisabeth		09:45
12:00					12:00-13:00 Lunch Yoga - Marie		12:00
13:00					13:00-13:55 Aqua Lunch -Elisabeth		13:00
16:00		16:00-17:00 Senior Cirkel – Elisabeth					16:00
17:00	17:00-17:55 Aqua Bas – Anne P	17:00-17:55 Aqua Cross – Mia L	17:00-17:55 Aqua Bas – Anne P	17:00-17:55 Aqua Herr –Sandra			17:00
17:15				17:15-18:10 Kettlebell 1 – Elisabeth			17:15
17:30	17:30-18:30 Kettlebell 2 – Elisabeth		17:30-18:15 Core – Evelina S				17:30
18:00		18:00-18:55 AiQi – Madde		18:00-18:55 Aqua Puls/Power –		18:00-18:55 Aqua träning	18:00
18:15		18:15-19:00 S.M.A.R.T - Mia.L	18:15-18:45 Flex – Evelina S	18:15-19:15 Power Yoga- Elisabeth			18:15
18:30	18:30-19:30 Power Yoga –Elisabeth		18:00-18:55 Aqua Puls – Michaela				18:30
19:00	19:00-19:55 Aqua Cross – Susanne W	19:00-19:55 Aqua Puls/Power –		19:00-19:55 Aqua Puls/Power –			19:00
20:00	20:00-20:55 Aqua Puls -Susanne W			20:00-20:55 Aqua Puls/Power –			20:00