



## Week 35-44

Timetable are subject to chance



# WORKOUT TIMETABLE

### MONDAY

07:30-08:00 Aqua  
17:00-18:00 Open gym  
18:15-19:15 Station training  
19:30-19:45 Sauna ritual ( From v.39 )

### TUESDAY

09:00-09:45 Circular training senior  
10:00-10:50 Aqua Reumatiker  
17:00-17:45 Open gym  
18:00-18:30 Hiit 1  
18:45-19:15 Hiit 2

### WEDNESDAY

15:00-16:00 Hatha yoga ( Easy )  
18:00-19:00 You go I go  
18:30-19:45 Yoga

### THURSDAY

07:00-07:45 Mobility  
18:00-19:00 Running outdoor  
18:30-19:30 Yoga flow ( Energetic )

### FRIDAY

07:00-07:50 Friday workout  
08:00-08:30 Aqua tabata  
09:00-10:00 Open gym

### SATURDAY

08:30-09:30 Morning yoga ( guided meditation )

### SUNDAY

09:30-10:30 Bluewater love or love less challenge  
10:45-11:00 Sauna ritual ( From v.39 )  
11:15-12:15 Box 4 fun / Bagfight  
(From. v39. You need to be two )



Boka pass med QR kod  
eller på våning 3 vid spa