



Week 45-49

Times are subject to chance



WORKOUT TIMETABLE

MONDAY
07:10-07:40 Aqua
09:00-09:40 Aqua reumatiker
18:15-19:15 Station training

TUESDAY
10:00-10:50 Aqua reumatiker
18:45-19:30 Hiit

WEDNESDAY
08:30-09:15 Morning yoga
18:00-19:00 You go I go
18:30-19:45 Yoga

THURSDAY
07:00-07:30 Aqua (ojämn vecka)
06:45-07:30 Rörlighet (jämn vecka)
18:00-19:00 Running outdoor / strenght indoor
(Changes due to weather will be told by instructor)

FRIDAY
07:10-08:00 Aqua (Jämn vecka)
07:00-08:00 Friday session (Ojämn vecka)
16:30-17:30 Yoga restore

SATURDAY 08:30-09:30 Yoga Hatha vinyasa flow

SUNDAY
09:00-10:00 Bluewater love or love less challenge
10:00-11:00 Yoga



Boka pass med QR kod
eller på våning 3 vid spa