

FROM WEEK 2
TIMES ARE SUBJECT TO CHANGE



WORKOUT TIMETABLE

MONDAY

09:00-09:50 AQUA
18:30-19:30 YOU GO I GO

TUESDAY

09:00-09:40 AQUA
10:00-10:50 AQUA
17:45-18:15 TRX
18:30-19:15 TABATA
19:30-19:45 SAUNA

WEDNESDAY

08:30-09:30 MORNING YOGA *

THURSDAY

07:00-07:30 AQUA PHYS
16:30-17:00 YOGA IN THE SAUNA (START 23/2)
17:15-18:00 YOGA NIDRA *
18:00-19:00 RUNNING /STRENGHT
18:30-19:45 YOGA FLOW (V.2-V9)

FRIDAY

07:00-07:50 AQUA PHYS
17:00-18:00 RESTORATIVE YOGA *

SATURDAY

08:30-09:30 YOGA HATHA FLOW *

SUNDAY

09:00-10:00 GYM
10:00-11:00 YOGA
10:15-11:15 OUTDOOR / INDOOR PHYS
11:30-11:45 SAUNA

MELLAN DEN 21/1-22/2 UTEBLIR YOGAN
MED EN STJÄRNA * EFTER SIG I SCHEMAT



BOKA PASS MED QR KOD
ELLER PÅ VÅNING 3 VID SPA