

# TRÄNINGSCHEMA



BOKA DITT PASS HÄR

## MÅN

|               |             |
|---------------|-------------|
| 08:00 - 08:40 | Aqua        |
| 09:00 - 09:45 | Aqua        |
| 18:00 - 19:00 | You go I go |

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## TIS

|               |                    |
|---------------|--------------------|
| 17:45 - 18:15 | TRX                |
| 18:30 - 19:30 | Tabata             |
| 19:45 - 20:15 | Sauna/strech relax |

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## ONS

|               |                            |
|---------------|----------------------------|
| 17:00 - 18:00 | Medicinsk yoga             |
| 18:30 - 19:30 | Restorative yoga/ Yin yoga |

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## TORS

|               |               |
|---------------|---------------|
| 07:00 - 07:30 | Aquafys       |
| 18:00 - 19:00 | Run & strengt |

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## FRE

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|---------------|-----------------------|
| 07:00 - 07:50 | Gym                   |
| 08:00 - 09:00 | Hatha/Flow yoga       |
| 10:00 - 10:30 | Sauna yoga inspirerat |

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## LÖR

## SÖN

|               |              |
|---------------|--------------|
| 09:30 - 10:30 | Utomhuspass  |
| 10:00 - 11:00 | Hatha yoga   |
| 10:45 - 11:00 | Sauna ritual |

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