

# 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

08:00 - 08:40	Aqua
09:00 - 09:45	Aqua Rheumatic
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	Medical 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

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

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## LÖR

## SÖN

09:30 - 10:30	Outdoors
10:00 - 11:00	Hatha yoga
10:45 - 11:00	Saunaritual

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