



TRÄNINGSSCHEMA

AVAILABLE FROM: OKTOBER 2 2023

Day	Time	Class	Duration
Monday	07.00-07.50	Gym	30 min
	08.00-08.30	Aqua senior	50 min
	09.00 -09.50	Aqua reumatikeranpassat	60 min
	18.15 -19.15	Zumba	60 min
	19.00 - 20.00	Yoga (ej v44)	60 min
	19.30 -20.30	Pass utan instruktör på tavlan	15 min
Tuesday	11.00-12.00	Gentle yoga	60 min
	17.15-18.00	Low impact TRX stationer	45 min
	18.15-19.00	High Impact tabata	45 min
	19.15-20.15	Box 4 fun	60 min
Wednesday	08.15-09.00	Senioranpassat pass	45 min
	18.15-19.15	Restorative yoga	60 min
Thursday	09.00-09.50	Aqua reumatikeranpassat	50 min
	18.00-19.00	High power	60 min
	19.00-20.15	Yoga (ej v49)	75 min
Friday			
Saturday	08:00-09:00	Yoga - hatha flow (ojämna veckor)	60 min
Sunday	10.00 -11.00	Utomhus pass	60 min
	11.15 - 11.30	Bastu	15 min
	18.00 - 19.00	ME. yoga	

You'll find happening classes under event in our booking system
Class time table are subject to change at any time