



TRÄNINGSSCHEMA

AVAILABLE FROM: VECKA 15-24 8/4-9/6 - 2024

Med reservation för ändring

Day	Time	Class	Duration
Monday	07.00-07.50	Gym	50 min
	09:00-09:45	Gym senior	45 min
	09:00-09:50	Aqua reumatiker	50 min
	10:00-10:30	Aqua tabata senior	30 min
	18:15-19:15	Zumba	60 min
	19.30-20.30	Yoga - Fokus andning och stretch	60 min
Tuesday	11:00-12:00	Gentle yoga	60 min
	16.30-17.00	Aqua	30 min
	17.15-18.00	Low Impact tabata	45 min
	18.10-19.10	High Impact	60 min
	18:30-19:00	Gymintro * Startar rullande	30 min
	19:30-20:00	Basturitual	30 min
Wednesday	09:00-10:00	Fitness senior	60 min
	18.15-19.15	Restorative yoga	60 min
Thursday	09.00-09.50	Aqua reumatiker anpassat	50 min
	19.00-20.15	Yoga, vinyasa / flow	75 min
Friday	17:00-18:00	Yoga - Fokus andning och stretch (Jämna veckor)	60 min
Saturday	08:00-09:00	Yoga - hatha flow	60 min
	09:30-10:30	Stationsträning	60 min
Sunday	09:00-10:00	Sunday workout	60 min
	10:15-10:45	Aqua intensiv	30 min
	11:00-11:30	Basturitual	30 min

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