

# TRÄNINGSSCHEMA

FRÅN VECKA 45

Med reservation för ändring

Day	Time	Class	Duration
Monday	08:00-08:45	Aqua medelintensiv - Boel	45 min
	09:00-09:50	Aqua reumatiker - Boel	50 min
	18:30-19:30	Zumba - Charlotte	60 min
Tuesday	09:00-09:50	Aqua zumba (Jämna veckor) - Ingegerd	50 min
	11:00-12:00	Gentle yoga - Priscilla	60 min
	16.30-17.00	Aqua - Jeanette	30 min
	17.15-18.00	Low Impact tabata - Jeanette	45 min
	18.30-19:30	Cirkelpass - Jeanette	60 min
	19:45-20:00	Basturitual med instruktör	15 min
Wednesday	08:00-08:45	PT grupp: Gym cirkel - Felicia	45 min
	09:00-09:50	Aqua - Maria	50 min
	18.15-19.30	Restorative yoga - Priscilla	75 min
Thursday	09:00-10:00	Fitness senior - Maria	60 min
	18:10-19:10	High impact - Linda	60 min
	19.15-20.45	Yoga, vinyasa / flow - Susanne	90 min
Friday	07:30-08:20	Gym - Jeanette	50 min
	08:30-09:15	Gym senior - Jeanette	45 min
	09:30-10:00	Aqua tabata - Jeanette	30 min
	10:15-10:30	Stretch & relax i bastu - Jeanette	15 min
Saturday	08:30-09:30	Yoga - hatha flow - Priscilla	60 min
Sunday	10:00-11:00	Stationspass - Jeanette	60 min
	11:15-11:45	Aqua - Jeanette	30 min
	12:00-12:15	Basturitual med instruktör	15 min
	18:00-19:00	Yoga fokus på andning & stretch - Emma	60 min

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