

Julschema 2008-2009

=nedre salen

| DAG | BAD | GYM & SOL | GRUPPTRÄNING |
|-----------|-------------|-------------|--------------------|
| må 15 dec | 6.30-21.00 | 6.30-21.00 | 9.30 Tomte H2O |
| | | | 12.00 Julspinn |
| | | | 16.30 BP |
| | | | 17.30 Poweryoga |
| | | | 17.30 Bodystep |
| | | | 18.00 Spinn |
| | | | 18.30 Core 30 |
| | | | 18.30 Vagy |
| | | | 19.00 Box |
| | | | ti 16 dec |
| | | | 18.00 SuperCirkel |
| | | | 18.30 Spinn |
| | | | 18.30 Aerobic |
| | | | 19.30 Core 30 |
| on 17 dec | 6.30-20.00 | 6.30-21.00 | 8.30 Pilates bas |
| | | | 17.00 AE/afro |
| | | | 18.00 Pilates |
| | | | 18.00 Vagy |
| | | | 18.00 Spinn |
| | | | 19.00 Bodystep |
| | | | 19.00 Core 30 |
| | | | 19.30 Ashtangayoga |
| | | | 20.00 BP |
| to 18 dec | 6.30-21.00 | 6.30-21.00 | 12.00 Spinn 30 |
| | | | 12.35 Core 30 |
| | | | 17.00 BP |
| | | | 18.00 Bodyattack |
| | | | 18.00 Spinn |
| | | | 18.00 Box |
| | | | 19.00 Poweryoga |
| fr 19 dec | 6.30-18.30 | 6.30-18.30 | 9.30 Vagy |
| | | | 12.00 Bodyattack |
| | | | 17.00 Pump/core |
| lö 20 dec | 10.00-15.00 | 10.00-15.00 | 10.30 Vagy |
| | | | 11.00 Spinn 55 |
| | | | 11.00 Bodystep |
| | | | 12.00 Core 30 |
| sö 21 dec | 10.00-15.00 | 10.00-18.00 | 10.30 Muskel 75 |
| | | | 11.00 Spinn |
| | | | 12.00 Poweryoga |

| DAG | BAD | GYM & SOL | GRUPPTRÄNING |
|-----------|-----------------------|-------------|--------------------|
| må 22 dec | 6.30-21.00 | 6.30-21.00 | 16.30 BP |
| | | | 17.30 Bodystep |
| | | | 17.30 Spinn |
| | | | 17.30 Pilates |
| | | | 18.00 Vagy |
| | | | 18.30 Core |
| | | | 18.30 Poweryoga |
| | | | |
| ti 23 dec | 6.30-15.00 | 6.30-15.00 | 12.00 Muskel |
| | | | 13.00 Core 30 |
| on 24 dec | Julafton och Juldagen | | STÄNGT |
| to 25 dec | GOD JUL | | GOD JUL |
| fr 26 dec | 10.00-15.00 | 10.00-15.00 | 11.00 Spinn |
| | | | 12.00 Bodypump |
| lö 27 dec | 10.00-15.00 | 10.00-15.00 | 10.30 Vagy |
| | | | 11.00 Spinn |
| | | | 11.30 Muskel |
| sö 28 dec | 10.00-15.00 | 10.00-17.00 | 10.30 Muskel 75 |
| | | | 14.30 AE/Afro |
| | | | 15.30 Poweryoga 75 |
| må 29 dec | 6.30-21.00 | 6.30-21.00 | 12.00 Spinn 30 |
| | | | 12.35 Core 30 |
| | | | 16.30 Bodypump |
| | | | 18.00 Spinn |
| | | | 18.00 Vagy |
| | | | 18.00 Aerobic |
| | | | 19.00 Box |
| | | | 19.00 Pilates |
| ti 30 dec | 6.30-18.30 | 6.30-21.00 | 18.30 Poweryoga |
| | | | 18.00 Muskel |
| | | | 18.30 Spinn |
| | | | 19.30 Core 30 |
| on 31 dec | 10.00-15.00 | 10.00-15.00 | 11.00 Bodypump |
| | | | 12.00 Bodystep |
| to 1 jan | GOTT NYTT ÅR | | STÄNGT |
| fr 2 jan | 6.30-18.30 | 6.30-18.30 | 9.30 Vagy |
| | | | 12.00 Bodyattack |
| | | | 16.00 AE/afro |
| | | | 17.00 Pump/core |
| lö 3 jan | 10.00-15.00 | 10.00-15.00 | 10.30 Vagy |
| | | | 10.30 Muskel |

| DAG | BAD | GYM & SOL | GRUPPTRÄNING |
|-----------|-------------|-------------|--------------------|
| | | | 11.00 Spinn 55 |
| | | | 11.00 Bodystep |
| | | | 12.00 Core 30 |
| | | | |
| sö 4 jan | 10.00-15.00 | 10.00-17.00 | 11.30 Spinn |
| | | | 14.30 Afro |
| | | | 15.30 Poweryoga 75 |
| må 5 jan | 6.30-16.00 | 6.30-16.00 | 10.30 Vagy |
| | | | 12.00 Spinn |
| ti 6 jan | 10.00-15.00 | 10.00-15.00 | 11.00 Aerobic |
| | | | 12.00 Bodypump |
| on 7 jan | 6.30-20.00 | 6.30-21.00 | 12.00 Muskel/core |
| | | | 17.00 Pilates |
| | | | 18.00 AE |
| | | | 18.00 Spinn |
| | | | 18.00 Box |
| | | | 19.00 Bodystep |
| | | | 19.00 Core 30 |
| | | | 19.30 Ashtanga |
| | | | 20.00 BP |
| to 8 jan | 6.30-21.00 | 6.30-21.00 | 12.00 Spinn 30 |
| | | | 12.35 Core 30 |
| | | | 18.00 Bodyattack |
| | | | 19.00 Core 30 |
| | | | 19.30 Poweryoga |
| fr 9 jan | 6.30-18.30 | 6.30-18.30 | 9.30 Vagy |
| | | | 12.00 Bodypump |
| | | | 16.00 AE/afro |
| | | | 17.00 Pilates |
| | | | 17.00 Pump/core |
| lö 10 jan | 10.00-15.00 | 10.00-15.00 | 10.30 Vagy |
| | | | 10.30 Muskel |
| | | | 11.00 Spinn 45 |
| | | | 10.45 Bodystep |
| | | | 11.45 Core 30 |
| sö 11 jan | 10.00-15.00 | 10.00-18.00 | 10.30 Muskel 75 |
| | | | 14.30 AE/Afro |
| | | | 15.30 Core 30 |
| | | | 16.00 Power/yin 90 |
| | | | 16.00 Box |
| | | | 16.15 Spinn |