

SCHEMA VT12

Måndag

| | | |
|---------------|-------------------|-----------|
| 16.30 – 17.25 | StepUp 40+ Nyb. | Ulla |
| 17.30 – 18.30 | BodyPump® | Camilla |
| 18.30 – 19.30 | Spinning medel | Susanne |
| 18.30 – 19.45 | Aerobic/Gympa 40+ | Carina J |
| 19.45 – 20.30 | Core | Gry/Malin |

Tisdag

| | | |
|---------------|------------------|-------------------|
| 17.30 – 18.25 | Zumba® Fitness | Lena E |
| 18.00 – 19.00 | Löpning för alla | Christian/Fredrik |
| 18.00 – 18.30 | Spinning | Lena B |
| 18.30 – 19.00 | Core | Lena B |
| 19.05 – 20.05 | BodyStep® | Carina N |
| 20.10 – 21.10 | BodyPump® | Micke |

Onsdag

| | | |
|---------------|-------------------|-------------------------|
| 17.00 – 17.55 | Functional Moves® | Lena B, Matilda |
| 18.00 – 18.55 | Aerobic | Ulla |
| 19.00 – 20.00 | BodyCombat® | Camilla, Johanna, Sanna |
| 20.00 – 21.15 | Yoga | Johanna |

Torsdag

| | | |
|---------------|------------------|----------|
| 11.30 – 12.15 | Core | Rullande |
| 17.00 – 17.55 | Zumba® Abs | Lena E |
| 18.00 – 18.55 | StepUp | Laila |
| 19.00 – 20.00 | BodyPump® | Susanne |
| 20.05 – 20.35 | Spinning | Susanne |
| 20.05 – 20.35 | BodyStep express | Carina N |
| 20.35 – 21.15 | Core | Carina N |

Fredag

| | | |
|---------------|-----------------------------|----------------|
| 11.30 – 12.15 | BodyPump®/Functional Moves® | Rullande |
| 17.00 – 18.00 | Fredagscykel | Rullande |
| 17.30 – 18.00 | BodyCombat® | Carina N/Sanna |
| 18.05 – 18.35 | Core | Carina N/Sanna |

Lördag

| | | |
|---------------|-----------|----------|
| 10.00 – 11.00 | BodyStep® | Carina N |
|---------------|-----------|----------|

Söndag

| | | |
|---------------|-------------------|-----------------------|
| 17.30 – 18.25 | Functional Moves® | Maarit, Cicci P |
| 18.30 – 19.30 | Spinning | Kicki |
| 18.30 – 19.30 | BodyCombat® | Maarit, Ida, Carina N |
| 19.30 – 20.30 | Yoga | Ida |

VÄLKOMNA!

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