



MÅNDAG

TISDAG

ONSDAG

TORSDAG

FREDAG

LÖRDAG

SÖNDAG

06.00

10.00

11.30.12.15  
BODYPUMP

10.00

14.00

11.30.12.15  
BODYPUMP

1.30-12.15 FULL  
BODY  
12.25-13.10  
BODYATTACK

10.30-11.15 STRONG  
SENIOR  
11.30-12.15  
BODYBALANCE  
12.15-13.00 FULL  
BODY

11.00-11.30 TABATA  
11.45-12.15  
BODYPUMP  
12.25-13.10 YOGA

08.30-09.00  
UPPER/LOWER  
BODY  
10.30-11.15 STRONG  
SENIOR  
11.30-12.00  
LESMILLS CORE  
12.10-12.55 PILATES

09.30-10.25  
BODYPUMP  
10.35-11.20  
LESMILLS DANCE  
11.30-12.15 PILATES

10.00-10.55  
YOGA/BODYBALAN  
CE  
12.30-13.25 ZUMBA

14.00

18.00

16.45-17.15 BOOTY  
17.25-18.10  
BODYATTACK  
17.30-18.15 FULL  
BODY

17.00-17.30 CORE  
17.40-18.10 BOOTY

17.15-18.00 PILATES

16.30-17.15 PILATES  
17.25-18.10  
BODYPUMP

16.30-17.15  
BODYPUMP  
17.25-18.10  
BODYBALANCE

18.00

22.00

18.20-19.05  
LESMILLS DANCE  
19.15-20.30 YOGA

18.20-19.05 HIIT THE  
ZONE  
19.15-20.10 ZUMBA

18.15-18.45 TABATA  
18.50-19.20  
LESMILLS CORE  
19.30-20.15  
BODYPUMP

18.20-19.05  
LESMILLS DANCE  
19.15-20.10  
BODYBALANCE