



# WORKOUT TIMETABLE

AVAILABLE FROM: VECKA 26-27 2024

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

Day	Time	Class	Duration
Monday	07.00-07.50	Gym	50 min
	08:00-08:30	Summer aqua tabata	30 min
	18:00-19:00	Yoga - Fokus andning och stretch	60 min
	18:15-19:15	Summer zumba	60 min
Tuesday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	10:00-10:45	Gym	45 min
	11.00-12:00	Gentle yoga	60 min
	18:10-19:10	High impact	60 min
Wednesday	08:00-08:50	Aqua	50 min
	18.15-19.15	Restorative yoga	60 min
Thursday	08.00-09.00	Circular training outdoor	60 min
	18:30-19:15	Summer tabata	45 min
	19:30-20:00	Deepwater running * Check with instructor	30 min
Friday	08:30-09:30	Mobility	60 min
Saturday	08:00-09:00	Yoga - hatha flow	60 min
Sunday		Rest day	

\* Deepwater running class can be cancelled at anytime depending on sea conditions.



# WORKOUT TIMETABLE

AVAILABLE FROM: VECKA 28 2024

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

Day	Time	Class	Duration
Monday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	18:00-19:00	Yoga - Fokus andning och stretch	60 min
	18:15-19:15	Summer zumba	60 min
Tuesday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	10:00-10:45	Gym	45 min
	11:00-12:00	Gentle yoga	60 min
	18:10-19:10	High impact	60 min
Wednesday	08:00-08:50	Aqua	50 min
	18.15-19.15	Restorative yoga	60 min
Thursday			
Friday	08:30-09:30	Mobility	60 min
Saturday			
Sunday			

\* Deepwater running class can be cancelled at anytime depending on sea conditions.



# WORKOUT TIMETABLE

AVAILABLE FROM: VECKA 29 2024

You'll find happening classes under event in our booking system

Class time table are subject to change at any time

Day	Time	Class	Duration
Monday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	18:00-19:00	Yoga - Fokus andning och stretch	60 min
	18:15-19:15	Summer zumba	60 min
Tuesday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	10:00-10:45	Gym	45 min
	18:10-19:10	High impact	60 min
Wednesday	08:00-08:50	Aqua	50 min
Thursday	08:00-09:00	Circular training outdoor	60 min
Friday	08:30-09:30	Mobility	60 min
Saturday			
Sunday			

\* Deepwater running class can be cancelled at anytime depending on sea conditions.



# WORKOUT TIMETABLE

AVAILABLE FROM: VECKA 30 2024

You'll find happening classes under event in our booking system

Class time table are subject to change at any time

Day	Time	Class	Duration
Monday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	18:00-19:00	Yoga - Fokus andning och stretch	60 min
	18:15-19:15	Summer zumba	60 min
Tuesday	08:30-09:30	High impact	60 min
	11:00-12:00	Gentle yoga	60 min
Wednesday	08:00-08:50	Aqua	50 min
	18:15-19:15	Restorative yoga	60 min
Thursday	08:00-08:50	Aqua	50 min
Friday	08:30-09:30	Mobility	60 min
Saturday	08:00-09:00	Yoga hatha/ flow	60 min
Sunday			

\* Deepwater running class can be cancelled at anytime depending on sea conditions.



# WORKOUT TIMETABLE

AVAILABLE FROM: VECKA 31 2024

You'll find happening classes under event in our booking system

Class time table are subject to change at any time

Day	Time	Class	Duration
Monday	18:00-19:00	Yoga - Fokus andning och stretch	60 min
	18:15-19:15	Summer zumba	60 min
Tuesday	08:30-09:30	High impact	60 min
	11:00-12:00	Gentle yoga	60 min
Wednesday	08:00-08:50	Aqua	50 min
	18:15-19:15	Restorative yoga	60 min
Thursday	08:00-08:50	Aqua	50 min
Friday	08:30-09:30	Mobility	60 min
Saturday			
Sunday			

\* Deepwater running class can be cancelled at anytime depending on sea conditions.



# WORKOUT TIMETABLE

AVAILABLE FROM: VECKA 32 2024

You'll find happening classes under event in our booking system

Class time table are subject to change at any time

Day	Time	Class	Duration
Monday	08:00-09:00	Outdoor challenge	60 min
	09:15-09:45	Deepwater running * Check with instructor	30 min
	18:00-19:00	Yoga - Fokus andning och stretch	60 min
	18:15-19:15	Summer zumba	60 min
Tuesday	08:30-09:30	High impact	60 min
	18:30-19:30	Summer tabata	60 min
Wednesday	08:00-08:50	Aqua	50 min
	18:15-19:15	Summer challenge	60 min
Thursday	08:00-08:50	Aqua	50 min
Friday	08:30-09:30	Mobility	60 min
Saturday			
Sunday			

\* Deepwater running class can be cancelled at anytime depending on sea conditions.