



TRÄNINGSSCHEMA

VECKA 1

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
Tuesday	09:00-10:30	Nyårspass med nyårsdopp - Jeanette	90 min
Wednesday			
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			
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