

**MÅNDAG**

**TISDAG**

**ONSDAG**

**TORSDAG**

**FREDAG**

**LÖRDAG**

**SÖNDAG**

06.00  
|  
10.00



07.00-08.00  
**Yoga**

07.30-08.30  
**Yoga**

07.00-08.00  
**Yoga**

06.30-07.15  
**Cycling Beat**  
07.30-08.30  
**Yoga**

09.00-10.00  
**Bodypump**  
09.45-10.15  
**Cycling Intervall**



10.00  
|  
14.00

11.00-11.45  
**Strong Senior**  
11.30-12.00  
**Intense Booty**  
12.00-12.45  
**Bodypump**  
12.10-12.40  
**Intense Core**

12.00-12.45  
**HIIT The Zone**  
12.00-13.00  
**Yoga**  
12.15-12.45  
**Cycling Intervall**

12.00-12.45  
**Cycling Beat**

11.00-11.45  
**Strong Senior**  
12.00-12.45  
**Bodypump**  
12.00-12.45  
**Cycling Beat**

12.00-13.00  
**Zumba**  
12.15-12.45  
**Cycling Intervall**

10.30-11.30  
**Bodyattack**

10.00-10.45  
**HIIT The Zone**  
11.00-12.00  
**Zumba**

14.00  
|  
18.00

17.00-18.00  
**BodyBalance**  
17.15-18.00  
**HIIT The Zone**  
17.15-18.00  
**Cycling Beat**

17.00-18.00  
**Yoga**  
17.15-18.00  
**Bodypump**  
17.30-18.00  
**Sprint**

17.00-18.00  
**Bodybalance**  
17.15-18.00  
**Cycling Beat**  
17.15-18.00  
**Bodypump**

17.15-18.15  
**Bodypump**  
17.15-18.00  
**Cycling Beat**

16.30-17.30  
**Yoga**  
17.15-18.00  
**Bodypump**  
17.15-18.00  
**Cycling Beat**



17.00-17.45  
**Cycling Beat**  
17.15-18.00  
**Bodypump**

18.00  
|  
22.00

18.15-19.15  
**Bodypump**  
18.15-18.45  
**Core**  
18.45-19.30  
**Cycling Beat**  
19.00-20.00  
**Box**

18.00-18.50 **HIIT The Zone**  
18.15-18.45 **Core**  
18.15-18.45 **Intense Booty**  
18.30-19.25 **Cycling Beat**  
19.00-20.00 **Zumba**  
18.50-19.50 **Box**

18.15-19.00  
**Cycling Beat**  
18.15-19.15  
**Bodyattack**  
19.30-20.30  
**Zumba**

18.15-18.45  
**Sprint**  
18.30-19.30  
**Zumba**  
18.30-19.45  
**Box**



18.00-19.00  
**Bodybalance**