



| start | Måndag | | Tisdag | | Onsdag | | Torsdag | | Fredag | | Lördag | | Söndag | | Start |
|-------|-------------------------------|-------------------------------|-----------------------------------|------------------|-----------------------------|---------------------|------------------------------------|----------------------------|-------------------------------|-------|---------------------------|---------------|---------------------------------|-------|-------|
| Tid | Salen | Cykel | Salen | Cykel | Salen | Cykel | Salen | Cykel | Salen | Cykel | Salen | Cykel | Salen | Cykel | Tid |
| 07.30 | | | | | | | | | Body Pump Annica T | | | | | | 07.30 |
| 08.30 | Body Balance Åsa | | | | | | | Body Balance Annica T | Milon Coach vid Cirkelarna | | | | | | 08.30 |
| 08.45 | | | | | | | | | Cykel 30 Annica T | | | | | | 08.45 |
| 09.30 | | | | | | | | | | | | RPM 45 Åsa | | | 09.30 |
| 10.00 | | Cykel 30 Annica T | | | Cykel 30 Annica T | | | | | | Crosstraining 45 Päivö | | | | 10.00 |
| 10.55 | | | | | | | | | | | Body Balance 30 Päivö | | | | 10.55 |
| 11.30 | Tabata 45 Monica | | Intervall/ Styrka 30 Carola | | | | | | Tabata 45 Monica | | | | | | 11.30 |
| 16.45 | Kondition gym 30 Monica | | | | Crosstraining 45 Evelina | | Intervall / Styrka 45 Olivia | | Body Pump Carola | | | | | | 16.45 |
| 17.00 | Milon Coach vid Cirkelarna | RPM 30 Express Annika P | Step 30 Carola | | | | | | | | | | Zumba/Dans Basic 50 Maria | | 17.00 |
| 17.15 | | | | | | | | | | | | | | | 17.15 |
| 17.30 | Body Pump 45 Marcus | Core 30 Annika P | Core 30 Carola | | | | | | | | | | | | 17.30 |
| 17.35 | | | | RPM 45 Olivia | BodyAttack 45 Evelina | | Body Combat Olivia | RPM 45 Åsa | | | | | | | 17.35 |
| 18.00 | | | | | | Core 30 Annika P | | | | | | | Body Balance Bodil | | 18.00 |
| 18.30 | BodyAttack 30 Carola | | Intervall/ Styrka 45 Olivia | | Body Pump Marcus | | RPM 45 Annika P | | | | | | | | 18.30 |
| 18.40 | | | | | | | | Företags klass Päivö | | | | | | | 18.40 |
| 19.00 | Core/Åss 30 Carola | | | | | | | | | | | | | | 19.00 |
| 19.15 | | | Body Balance Annika P | | | | | | | | | | | | 19.15 |
| 19.35 | Crosstraining 45 Patrick | | | | | | | | | | | | | | 19.35 |