



Start Tid	Måndag		Tisdag		Onsdag		Torsdag		Fredag		Lördag		Söndag	
	Salen	Spinning	Salen	Spinning	Salen	Spinning	Salen	Spinning	Salen	Spinning	Salen	Spinning	Salen	Spinning
08.30	Body Balance Åsa				Body Balance Annica T				Body Pump Annica T					
09.30												RPM 45 Åsa		
09.45		RPM Express 30 Åsa				Spinning 30 Annica T				Spinning 30 Annica T				
10.00											Crosstraining 50 Micke			
11.45			Intervall Cirkel 45 Anna				Core 30 Anna							
16.00										RPM Express 30 Annika P				
16.30									Body Pump Carro				Body Pump 45 Carro	
16.45	Intervall Cirkel 45 Anna				HIIT 45 Anna									
17.00		RPM Express 30 Olivia	Core 30 Carola				Intervall Cirkel 45 Olivia							Start v.3
17.20													Aerobic 45 Ullis	Spinning 45 Jessica
17.35	Body Pump Marcus	Core 30 Olivia	Step 30 Carola		Body Pump 45 Carola	RPM 45 Olivia		RPM 45 Åsa						
18.00							Zumba Dans Maria							
18.15			Body Balance 45 Annika P	Spinning Styrka 45 Carola									Body Balance Bodil	
18.40	Body Attack 45 Carro	RPM 45 Annika P			Body Attack 30 Carola									
19.15			Crosstraining 50 Patrick		Core/Ass 30 Carola		Crosstraining 50 Micke							
19.30	Crosstraining 50 Patrick													