



| 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 | | | | | | | | | | OBS ny tid | | | | |
| 16.30 | | | | | | | | | Body Pump Carro | RPM Express 30 Annika P | | | Body Pump 45 Carro | |
| 16.45 | Intevall Cirkel 45 Anna | | | | HIIT 45 Anna | | | | | | | | | |
| 17.00 | | RPM Express 30 Olivia | Core 30 Carola | | | | Intervall Cirkel 45 Olivia | | | | | | | |
| 17.20 | | | | OBS: nytt pass | | | | | | | | | Aerobic 45 Ullis | Spinning 45 Jessica |
| 17.35 | Body Pump Marcus | Core 30 Olivia | Step 30 Carola | RPM Express 30 Annika P | Body Pump 45 Carola | RPM 45 Olivia | | RPM 45 Åsa | | | | | | |
| 18.00 | | | | | | | Zumba Dans Maria | | | | | | | |
| 18.15 | | | Body Balance 45 Annika P | | | | | | | | | | Body Balance Bodil | |
| 18.40 | Body Attack 45 Carro | | | | Body Attack 30 Carola | | | | | | | | | |
| 19.15 | | | Crosstraining 50 Patrick | | Core/Ass 30 Carola | | Crosstraining 50 Micke | | | | | | | |
| 19.30 | Crosstraining 50 Patrick | | | | | | | | | | | | | |