



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											
16.00														
16.30									Body Pump Carro/Carola	RPM Express 30 Annika P			Body Pump 45 Carola/Carro	
16.45	Intervall Cirkel 45 Anna				HIIT 45 Anna									
17.00		RPM Express 30 Olivia	Core 30 Carola				Intervall Cirkel 45 Anna							
17.20													Aerobic 45 Ullis	
17.35	Body Pump Marcus	Core 30 Olivia	Step 30 Carola	RPM Express 30 Annika P	Body Attack 30 Carola	RPM 45 Olivia		RPM 45 Åsa						
18.00							Zumba Dans Maria							
18.15			Body Balance 45 Annika P		Core/Ass 30 Carola								Body Balance Bodil	
18.40	Body Attack 45 Carro													
19.15			Crosstraining 50 Patrick				Crosstraining 50 Micke							
19.30	Crosstraining 50 Patrick													