

Vårschema 2012

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	06.45-07.30 Spinning 45		06.45-07.30 Power 45		09.30-10.00 Yoga 30	
10.00-11.00 Senior Mind	10.00-11.00 Senior Sty	10.00-11.00 Senior Aqua	17.00-18.00 BODYPUMP	10.00-11.00 Senior Aqua	10.00-10.30 Meditation	10.00-11.00 Yoga
12.00-13.00 Gymintro	17.00-17.45 Aqua 45	12.00-13.00 BODYPUMP	17.30-18.30 Gymintro	12.00-13.00 Yoga	10.00-11.00 BODYPUMP	11.00-12.00 MRL
12.00-12.30 Spinning 30	17.30-18.25 Power	17.00-17.30 Spinning 30	17.15-18.00 Aqua 45	17.00-18.00 Spinning	11.00-11.30 CXWORX	12.00-12.45 Aqua 45
12.30-13.00 CXWORX	18.00-18.55 Pilates	17.30-18.00 CXWORX	17.30-18.25 Yogilates	17.30-18.30 Power	16.00-17.00 Zumba	18.00-19.00 Spinning
17.30-18.30 Core	18.00-19.00 Spinning	18.00-19.00 Spinning	18.10-18.55 Spinning 45			18.00-19.15 Yoga 75min
17.30-18.30 BODYCOMBAT	18.30-19.25 Dans Aerobic	18.00-18.55 Zumba	18.30-19.25 Dansstep			
17.45-19.00 Spinning 75	19.00-20.00 Yoga	19.00-20.00 Yoga	19.00-19.30 Spinning 30			
18.30-19.30 BODYPUMP	19.30-20.30 BODYPUMP	19.00-19.45 Aqua 45	19.30-20.00 CXWORX			
18.45-19.30 Aqua 45		19.00-20.00 MRL				