

MÅNDAG

TISDAG

ONSDAG

TORSDAG

FREDAG

LÖRDAG

SÖNDAG

06.00

10.00

10.00

14.00

14.00

18.00

18.00

22.00

11.30-12.00
Booty
12.05-12.35
Core

12.00-12.45
Bodypump

11.30-12.15
Full Body

11.30-12.00
Zumba

11.00-12.00
Bodypump

17.10-17.55
Bodypump

16.50-17.20
Booty

17.30-18.00
Les Mills Core 30

17.00-18.00
BOX

17.30-18.15
Full body

17.45-18.15
Booty

17.00-18.00
BOX

18.00-18.45
Full Body

18.10-18.55
Zumba

19.00-19.45
Body Balance

18.10-18.55
Bodypump

19.00-20.00
Zumba

18.10-18.55
Bodypump

18.15-18.45
Lower Body 30

18.50-19.20
Upper Body 30

19.30-20.30
Poweryoga

18.20-18.50
Core

19.00-20.00
Zumba