

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
09.30-10.15 <b>SENIORGYPMA</b> Anna	17.10-17.40 <b>LES MILLS BODYPUMP</b> 30 Anneli W	09.15-10.00 <b>MAMA CORE</b> Annelie/Jonna/Anna	ojä.v 06.00-06.45 <b>CYKLING 45</b> Karolina	j.v 06.15-06.45 <b>LES MILLS GRIT</b> STRENGTH Christian	10.00-10.45 <b>LES MILLS BODYPUMP</b> 45 Anneli/Annelie	11.00-11.45 <b>CYKLING 45</b> Karolina/Håkan S
16.45-17.30 <b>Funkykardz</b> 4-5 Tindra/Ronja	17.45-18.15 <b>LES MILLS CXWORX</b> Jessica A	16.30-17.15 <b>BLISS</b> 8-11 DANCE ACADEMY Linn	17.00-17.30 <b>LES MILLS BODYBALANCE</b> 30 Caroline	17.10-17.40 <b>LES MILLS CXWORX</b> Annelie start v 38		11.00-11.45 8-11 <b>BLISS</b> Linn DANCE ACADEMY DISCO
17.35-18.05 <b>LES MILLS GRIT</b> CARDIO Lina	17.45-18.15 <b>CYKLING 30</b> Anneli W	17.15-18.00 <b>Funkykardz</b> 6-8 Linn	17.30-18.00 <b>LES MILLS BODYCOMBAT</b> 30 Matilda	oj.v 17.45-18.15 <b>LES MILLS GRIT</b> STRENGTH Christian		11.45-12.45 11-14 <b>BLISS</b> Linn DANCE ACADEMY BREEZ
18.10-19.10 <b>LES MILLS BODYPUMP</b> Anna	18.20-18.50 <b>LES MILLS sprint</b> Jessica A	17.15-18.00 <b>LES MILLS RPM</b> Evelina start v 37	18.05-18.35 <b>LES MILLS GRIT</b> ATHLETIC Matilda/Lina	17.45-18.30 <b>CYKLING 45</b> Håkan S/Jenny		12.45-14.00 <b>DANS AVANCERAD</b> 11-15 år Linn
19.15-20.10 <b>CYKLING 55</b> Karolina/Stefan	18.20-19.05 <b>LES MILLS BODYCOMBAT</b> 45 Elin	18.05-18.35 <b>LES MILLS CXWORX</b> Anna	18.40-19.10 <b>BOOTY</b> never skip legday Lina			14.30-15.10 <b>Funkykardz</b> 2-3 Wilma
19.15-20.10 <b>STEP</b> STYRKA Anna/Jonna	19.10-20.05 <b>LES MILLS BODYBALANCE</b> Caroline	18.40-19.25 <b>LES MILLS BODYSTEP</b> 45	18.35-19.05 <b>LES MILLS sprint</b> Jessica H-F/Linda Marie			15.15-16.00 <b>Funkykardz</b> 6-8 Cornelia/Tindra
		19.30-20.00 <b>LES MILLS GRIT</b> STRENGTH Christian	19.15-20.15 <b>LES MILLS BODYPUMP</b> Jessica H-F			16.10-16.55 <b>Funkykardz</b> 4-5 Wilma/Ronja
		20.05-21.00 <b>BOXNING</b> Håkan F				17.00-17.30 <b>SÖNDAGSFYS</b> varierande
					17.35-18.20 <b>LES MILLS BODYBALANCE</b> 45 Anneli W	