

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
09.30-10.15 SENIORGYPMA Anna	06.00-06.30 LES MILLS GRIT CARDIO Lina	09.15-10.00 MAMA CORE Annelie/Jonna/Anna	17.30-18.00 LES MILLS BODYCOMBAT 30 Matilda	06.00-06.30 LES MILLS GRIT Lina/Christian	10.00-11.00 LES MILLS BODYPUMP Jessica H-F	11.00-11.45 8-11 BLISS DANCE ACADEMY DISCO Linn 11.45-12.45 11-14 BLISS DANCE ACADEMY AREAS Linn
16.45-17.30 Funkykardz 4-5 Tindra/Ronja	17.00-17.30 LES MILLS BODYPUMP 30 Annelie	16.30-17.15 BLISS DANCE ACADEMY AREAS 8-11 Cornelia 17.15-18.00 Funkykardz 6-8 Cornelia	18.05-18.35 LES MILLS GRIT ATHLETIC Matilda/Lina	16.35-17.05 LES MILLS BODYSTEP 30 Annelie		12.45-14.00 DANS AVANCERAD 11-15 år Linn
17.35-18.05 LES MILLS GRIT CARDIO Christian	17.35-18.05 LES MILLS CXWORX Jessica A	18.05-18.35 LES MILLS CXWORX Anna	18.40-19.10 tone 30 Annelie	17.10-17.40 LES MILLS CXWORX Annelie		14.30-15.10 Funkykardz 2-3 Wilma
18.10-19.10 LES MILLS BODYPUMP Anna	17.35-18.05 CYKLING 30 Karolina	18.40-19.25 LES MILLS BODYSTEP 45 Anna/Jonna	18.40-19.10 LES MILLS sprint Jessica H-F/Linda Marie/jä.v	17.45-18.30 oj.v CYKLING 45 LES MILLS RPM Stefan/Jenny/Evelina		15.15-16.00 Funkykardz 6-8 Cornelia/Tindra
19.15-20.10 CYKLING 55 Håkan S	18.10-18.40 LES MILLS sprint Jessica A	18.40-19.25 LES MILLS RPM Evelina	19.15-20.15 LES MILLS BODYPUMP Annelie/Lina	oj.v 17.45-18.15 LES MILLS GRIT STRENGTH Christian		16.10-16.55 Funkykardz 4-5 Wilma/Ronja
19.15-20.10 STEP STYRKA Anna/Jonna	18.10-18.55 LES MILLS BODYCOMBAT 45 Elin	19.30-20.00 LES MILLS GRIT STRENGTH Christian				16.15-17.00 CYKLING 45 Karolina
	19.00-20.00 LES MILLS BODYBALANCE Caroline	20.05-21.00 BOXNING Håkan F				17.00-17.45 tone 45 Jonna
						17.50-18.35 LES MILLS BODYBALANCE 45 Caroline

BERGA
Träningsstudio