

SCHEMA VECKA 34

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG
11.30-12.15 LES MILLS BODYPUMP 45 Annelie	17.20-18.05 CYKLING 45 Karolina	18.00-18.30 LES MILLS CORE Anna	17.20-18.05 LES MILLS BODYCOMBAT 45 Elin	06.00-06.30 HIIT Matilda
16.55-17.25 LES MILLS CORE Jessica A	18.15-18.45 LES MILLS GRIT ATHLETIC Matilda	18.35-19.20 LES MILLS BODYSTEP 45 Anna/Jonna	18.10-18.50 LES MILLS RPM Evelina	
17.30-18.00 LES MILLS sprint Jessica A	18.15-19.15 LÖPARPASS Magnus/Pierre	19.30-20.00 LES MILLS GRIT STRENGTH Christian	19.00-19.45 LES MILLS BODYPUMP 45 Lina	
18.10-19.05 LES MILLS BODYPUMP Anna	18.30-19.15 LES MILLS BODYBALANCE 45 Caroline			
19.15-20.00 LES MILLS tone 45 Jonna				

SCHEMA VECKA 35

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG
11.30-12.15 LES MILLS BODYPUMP 45 Annelie	17.20-18.05 CYKLING 45 Håkan	18.00-18.30 LES MILLS CORE Anna	17.20-18.05 LES MILLS BODYCOMBAT 45 Elin	06.00-06.30 HIIT Matilda
16.55-17.25 LES MILLS CORE Jessica A	18.15-18.45 LES MILLS GRIT ATHLETIC Matilda	18.35-19.20 LES MILLS BODYSTEP 45 Anna/Jonna	18.10-18.50 LES MILLS RPM Evelina	
17.30-18.00 LES MILLS sprint Jessica A	18.15-19.15 LÖPARPASS Magnus/Pierre	19.30-20.00 LES MILLS GRIT STRENGTH Christian	19.00-19.45 LES MILLS BODYPUMP 45 Lina	
18.10-19.05 LES MILLS BODYPUMP Anna	18.30-19.15 LES MILLS BODYBALANCE 45 Caroline			
19.15-20.00 LES MILLS tone 45 Jonna				

