

# JUL/NYÅRSSCHEMA 23 DEC - 6 JAN

## Måndag 23/12

**06:45** Yinyoga, Jeanette  
**09:30** Gympower light, Madde  
**09:30** Styrka med Stefan  
**12:10** Jumping, Felicia o Åsa  
**12:10** Grit Strength, Madde

## Tisdag **Julafton** 24/12

**07:00** Yinyoga light, Åsa  
**08:00** RPM, Gustav  
**09:00** Bodypump, Anders Maggi o Åsa

## Onsdag **Juldagen** 25/12

**08:30** Yinyoga, Maria  
**10:00** Julspinning, Maria  
**16:00** Yinyoga, Jeanette

## Torsdag **Annandag Jul** 26/12

**08:30** Yinyoga, Lena  
**10:00** Spinning Watt, Maria  
**11:00** Röstyoga, Ulrika  
**15:15** BodyJam, Agneta  
**16:30** Jumping, Felicia  
**17:30** Vintermix, Linda

## Fredag 27/12

**09:30** Jumping Light, Felicia  
**09:30** Styrka med Stefan  
**12:10** BodyPump, Linda  
**17:30** Speed Jumping, Felicia

## Lördag 28/12

**09:30** Jumping, Isabelle  
**10:00** Voicepower, Ulrika  
**Söndag 29/12**  
**17:00** Jumping, Felicia  
**18:00** BodyPump, Anders  
**18:00** Spinning Watt, Maria  
**18:45** Yinyoga, Maria

## Måndag 30/12

**06:45** Yinyoga, Jeanette  
**09:30** Gympower light, Madde  
**09:30** Styrka med Stefan  
**12:10** Grit Strength, Madde  
**16:40** Speed Jumping, Felicia  
**17:30** Vintermix, Madde o Linda

## Tisdag **Nyårsafton** 31/1

**10:00** Nyårs Spinning, Maria  
**10:00** Nyårs Jumping, Felicia o Norton

## Torsdag 2/1

**09:30** Styrka med Stefan  
**12:10** Bodypump, Maggi  
**17:00** PowerBox, Sofie  
**18:00** Jumping, Felicia  
**18:00** Yinyoga, Lena

## Onsdag **Nyårsdagen** 1/1

Testa Virtuella pass, hela dagen ;)

## Fredag 3/1

**09:30** Jumping Light, Felicia  
**12:10** Bodypump, Maggi  
**16:00** Yinyoga, Lena

## Lördag 4/1

**08:30** Yinyoga, Jeanette  
**10:00** Spinning Intervall, Maria

## Måndag 6/1

**09:30** Jumping, Isabelle  
**16:00** Yinyoga, Jeanette  
**17:00** Soma Move Slow, Maria  
**17:00** Jumping, Sofia  
**18:00** Spinning, Maria  
**18:00** PowerBox, Sofie

## Söndag 5/1

**18:00** BodyPump, Anders  
**18:00** Spinning Watt, Maria  
**19:15** Yinyoga, Maria

\* med reservation för ändringar

Kom ihåg att testa

**Les Mills Virtuella pass**

- när salarna är lediga



TRÄNINGSVARVET