

# Öppet Hus SCHEMA 7-12 januari 2020

<u>Tuesday 7 January</u>	<u>Wednesday 8 January</u>	<u>Thursday 9 January</u>
<b>9:30</b> Flow & Balance, Felicia	<b>5:45</b> RPM, Gustav	<b>8:50</b> CorePower light, Madde
<b>10:30</b> Jumping Light, Felicia	<b>9:30</b> GymPower Light, Madde	<b>9:30</b> Styrka med Stefan
<b>12:10</b> Jumping, Felicia	<b>10:40</b> GymPower Light, Madde	<b>9:40</b> CrossPower Light, Felicia
<b>12:10</b> Grit Strength, Madde	<b>11:00</b> Zumba Gold, Anette	<b>10:40</b> Jumping Light, Felicia/Åsa
<b>16:30</b> Yinyoga, Åsa	<b>12:10</b> BodyPump, Maggi	<b>12:10</b> Tabata, Linda
<b>16:50</b> SomaMove/Slow m Maria	<b>17:00</b> Jumping Light, Sofia	<b>12:10</b> Jumping, Felicia
<b>17:30</b> Tabata, Linda	<b>17:00</b> BodyBalance, Felicia	<b>17:00</b> Tap Power 360, Felicia
<b>17:45</b> SpinningLight, Maria	<b>17:00</b> Pilates, Maggi	<b>17:00</b> BodyJam, Agneta
<b>18:30</b> BodyPump, Linda	<b>18:00</b> Pound, Jenny	<b>18:00</b> Jumping, Wilma
<b>19:00</b> CxWorx, Madde	<b>18:00</b> Speed Jumping, Felicia	<b>18:00</b> Yinyoga, Lena
<b>19:45</b> Jumping, Sofia	<b>18:35</b> Zumba Fitness, Jenny	<b>18:10</b> Soma Move med Felicia
<b>19:45</b> Bodycombat, Madde	<b>18:50</b> BodyStep, Åsa	<b>19:00</b> Club Mix, Felicia
<b>20:00</b> Yinyoga, Jeanette	<b>19:45</b> RPM, Gustav	<b>19:10</b> Spinning Intervall, Maria
	<b>19:50</b> Jumping, Isabelle	
	<b>20:00</b> Yinyoga, Åsa	
<u>Friday 10 January</u>	<u>Saturday 11 January</u>	<u>Sunday 12 January</u>
<b>5:45</b> RPM, Gustav	<b>9:00</b> Grith Strength, Madde	<b>15:00</b> Yinyoga, Lena
<b>6:30</b> Jumping, Isabell	<b>9:00</b> Pilates, Maggi	<b>16:10</b> Speed Jumping, Felicia
<b>8:00</b> Yinyoga light, Lena/Åsa	<b>9:00</b> Yinyoga, Maria	<b>17:00</b> Jumping, Felicia
<b>9:30</b> Jumping Light, Felicia	<b>10:00</b> Bodypump, Anders	<b>18:00</b> BodyPump, Anders
<b>12:10</b> BodyPump, Linda	<b>10:00</b> Soma Move Slow, Maria	<b>18:00</b> SpinningWatt, Maria
<b>16:00</b> Yinyoga, Lena	<b>10:00</b> Bodybalance, Maggi	<b>19:10</b> Pound Workout, Anette
<b>16:30</b> Jumping Light, Sofia	<b>11:00</b> PowerBox, Sofie	<b>19:20</b> Yinyoga, Maria
	<b>11:00</b> Spinning Light, Maria	
	<b>12:00</b> Jumping Light, Sofia	
	<b>12:00</b> CX Worx, Maggi	
	<b>12:00</b> Röstyoga, Ulrika	
	<b>13:00</b> Jumping, Isabell	
	<b>13:00</b> StepPower Light, Linnea	
	<b>13:00</b> VoicePower, Ulrika	
	<b>14:00</b> Pound, Jenny o Anette	
	<b>14:00</b> RPM, Gustav o Claes	
	<b>14:00</b> Yinyoga, Åsa	
	<b>15:00</b> Zumba Fitness, Jenny o Anette	
	<b>15:00</b> Bodycombat, Madde	* med reservation för ändringar
	<b>16:00</b> Pound, Jenny o Anette	



