



# HÖSTSCHEMA 2021

## MED RESERVATION FÖR ÄNDRINGAR!

### Måndag

**06:45** Yinyoga, Jeanette L  
**08:00** Yinyoga för män, Jeanette L  
**09:00** Gympower Light, Madde  
**09:00** Styrka med Stefan  
**10:20** StepPower Light, Linnéa  
**12:10** Kettlebells, Norton  
**16:50** Jumping Fusion, Isabelle  
**17:00** TRX Ute, Norton  
**17:00** Hatha Yoga, Lena  
**17:50** SpinningStyrka, Malin  
**17:50** Jumping Light, Norton  
**18:45** Yinyoga, Jeannette N  
**18:50** Tap power 360, Felicia  
**19:10** RPM, Gustav  
**19:40** Speed Jumping, Norton  
**20:30** Speed Jumping, Felicia

### Torsdag

**09:00** Styrka med Stefan  
**10:10** Hips'n'Hoop light, Felicia  
**11:00** Smart Start Light, Petra\*\*\*  
**12:10** Jumping, Åsa  
**16:40** Pilates, Maggi  
**17:00** Bodypump, Anders  
**17:10** Soma Move, Felicia  
**17:40** Bodybalance, Maggi  
**18:00** Bodyattack, Ebba  
**18:10** Club Mix, Felicia  
**19:00** Yinyoga, Jeannette N  
**19:00** Spinning Intervall, Maria  
**19:10** Jumping, olika instruktörer  
**20:00** Speed Jumping, Norton  
**20:10** Smart Start, Petra\*\*\*

### Tisdag

**09:30** Flow & Balance, Felicia  
**10:30** Jumping Light, Felicia  
**11:00** Smart Start Light, Petra\*\*\*  
**12:10** Jumping, Felicia  
**16:40** Bodybalance, Felicia  
**16:50** Les Mills Core, Maggi  
**17:10** Speed Jumping, Norton  
**17:50** Spinning Light, Maria  
**17:50** Soma Move, Maggi  
**18:00** Tabata, Linda  
**19:00** Bodyjam, Agneta  
**19:00** Body Pump, Linda  
**19:20** Yinyoga, Maria  
**20:10** Jumping, Sofia  
**20:10** Smart Start, Petra\*\*\*

### Fredag

**05:45** RPM, Gustav  
**06:30** Jumping, Isabelle  
**08:00** Yinyoga Light, Lena/Åsa  
**09:30** CrossJumping Light, Norton  
**12:10** BodyPump, Linda  
**16:00** Yinyang Yoga, Lena\*\*  
**16:15** Spinning Intervall, Malin  
**17:10** Hips'n'Hoop, Felicia  
**18:10** Jumping, Felicia

### Lördag

**08:30** LördagsYoga, olika instruktörer  
**09:00** LördagsPuls, olika instruktörer  
**14:00** Jumping, Matilda/Emma

### Onsdag

**05:45** RPM, Gustav  
**06:30** Bodybalance, Åsa  
**10:10** Zumba Gold, Anette  
**12:10** Tabata, Linda  
**16:00** Flow & Balance, Felicia  
**17:00** Speed Jumping, Felicia  
**17:20** Yinyoga, Katarina  
**17:30** Kettlebells, Jenny N  
**17:50** Bodystep, Anette & Åsa  
**18:40** Zumba Fitness, Jenny P  
**19:00** Crosspower, Emmy  
**19:40** RPM, Gustav  
**20:00** Hips'n'Hoop, Norton

### Söndag

**15:00** SöndagsPuls, olika instruktörer  
**16:00** Speed Jumping, Norton  
**16:50** Jumping, Felicia/Sofia  
**17:00** RPM, Claes  
**17:00** Hathayoga Tema Axlar Skuldror, Le  
**18:00** BodyPump, Anders  
**18:00** Zumba, Anette  
**19:10** Les Mills Core, Madde  
**19:20** Yinyoga, Maria  
**19:50** Grit Strength, Madde

Kom ihåg att vi erbjuder **Les Mills Virtuella pass**. När salarna är lediga från "live-klasser" kan du själv starta igång ett virtuellt pass.

\* Med reservation för ändringar

\*\* Yinyang vissa fredagar

\*\*\* Smart start börjar 7 sep. Bokas separat.