

MÅNDAG		TISDAG		ONSDAG	
06:30 - 07:15	<b>TABATA</b>	06:30 - 07:30	<b>YINYOGA 60</b>	06:30 - 07:15	<b>CIRKEL</b>
07:40 - 08:25	<b>AQUA</b>	06:30 - 07:15	<b>SPINN FTP</b>	06:30 - 07:30	<b>HOT YOGA</b>
09:00 - 10:00	<b>HOT YOGA</b>	06:45 - 07:30	<b>AQUA</b>	06:45 - 07:30	<b>AQUA TABATA</b>
09:00 - 09:45	<b>CORE SOFT</b>	09:00 - 10:00	<b>CF SIMPLE</b>	08:00 - 09:00	<b>BODYBALANCE</b>
09:00 - 09:45	<b>SENIOR CIRKEL</b>	09:00 - 09:45	<b>BODYPUMP 45</b>	08:55 - 09:20	<b>INDOORWALKING 25</b>
10:00 - 10:45	<b>ZUMBA</b>	10:00 - 10:45	<b>LESMILLS TONE</b>	09:15 - 10:00	<b>ZUMBA</b>
10:00 - 10:45	<b>SENIOR TABATA</b>	10:05 - 10:30	<b>MAMMABARNINTRO</b>	09:30 - 10:00	<b>CXWORX</b>
10:10 - 10:55	<b>INDOORWALKING</b>	10:30 - 11:30	<b>MAMMA/BARN</b>	09:30 - 10:15	<b>SENIOR CIRKEL</b>
10:15 - 11:15	<b>HOT YOGA SOFT</b>	12:00 - 12:45	<b>AQUA</b>	10:10 - 10:55	<b>SPINN POWER</b>
12:00 - 12:45	<b>SPINN POWER</b>	12:10 - 12:55	<b>TABATA</b>	12:10 - 12:55	<b>HOT YOGA</b>
12:00 - 12:45	<b>AQUA</b>	13:00 - 13:45	<b>AQUA ATTACK 135</b>	12:10 - 12:55	<b>CIRKEL</b>
12:10 - 12:55	<b>CIRKEL</b>	16:30 - 17:15	<b>TABATA</b>	15:00 - 15:45	<b>AQUA TABATA</b>
13:00 - 13:45	<b>AQUA</b>	16:45 - 17:45	<b>HOT YOGA</b>	16:15 - 17:00	<b>CIRKEL</b>
16:00 - 17:00	<b>BODYPUMP</b>	17:00 - 18:00	<b>BODYPUMP</b>	17:00 - 17:45	<b>HOT CORE SOFT</b>
16:30 - 17:00	<b>CXWORX</b>	17:00 - 18:00	<b>BODY BALANCE</b>	17:00 - 18:00	<b>BODY STEP</b>
17:10 - 17:55	<b>SPINN FTP</b>	17:00 - 18:45	<b>SPINN POWER</b>	17:10 - 17:40	<b>CXWORX</b>
17:10 - 17:55	<b>BOOTYLICIOUS</b>	17:15 - 17:45	<b>LES MILLS BARRE</b>	17:10 - 17:55	<b>SPINN FTP</b>
17:15 - 18:00	<b>INDOORWALKING</b>	17:15 - 18:00	<b>CIRKEL UTE</b>	17:15 - 18:00	<b>INDOORWALKING</b>
17:15 - 18:15	<b>CF MEDEL</b>	17:25 - 18:25	<b>CF MEDEL</b>	17:30 - 18:30	<b>CF SIMPLE</b>
17:15 - 18:00	<b>DANSSTEP</b>	17:55 - 18:55	<b>BODYATTACK 60</b>	17:55 - 18:40	<b>ZUMBA</b>
17:30 - 18:30	<b>HOT YOGA</b>	18:00 - 18:45	<b>INDOORWALKING</b>	18:00 - 19:00	<b>HOT YOGA</b>
18:05 - 19:05	<b>BODYCOMBAT</b>	18:00 - 18:45	<b>SPINN POWER</b>	18:05 - 18:50	<b>AQUA</b>
18:10 - 18:40	<b>SPRINT</b>	18:00 - 19:00	<b>HOT POWERYOGA</b>	18:10 - 18:40	<b>TABATA CARDIO</b>
18:10 - 18:55	<b>FUNKTIONELL STYRKA</b>	18:10 - 18:55	<b>SH'BAM</b>	18:15 - 19:00	<b>SPINN POWER</b>
18:25 - 19:20	<b>BOX</b>	18:30 - 19:45	<b>YINYOGA</b>	18:40 - 19:40	<b>CF MEDEL</b>
18:30 - 19:15	<b>UTE TABATA</b>	18:35 - 19:20	<b>CIRKEL</b>	18:50 - 19:35	<b>ITRIM</b>
18:45 - 20:00	<b>HOT POWERYOGA 75</b>	19:00 - 19:45	<b>SPINN POWER</b>	18:55 - 19:55	<b>BODYPUMP</b>
19:05 - 19:50	<b>AQUA ATTACK</b>	19:05 - 19:50	<b>LES MILLS TONE</b>	19:15 - 20:15	<b>HOT POWERYOGA</b>
19:05 - 19:35	<b>TABATA CARDIO</b>	19:15 - 20:15	<b>HOT YOGA</b>	19:55 - 20:40	<b>DJUPVATTEN</b>
19:15 - 19:45	<b>CXWORX</b>	19:20 - 20:05	<b>TABATA</b>		
19:15 - 20:00	<b>SPINN POWER</b>	19:35 - 20:35	<b>CF SIMPEL</b>		
19:25 - 20:25	<b>CF SIMPLE</b>	20:00 - 20:45	<b>AQUA TABATA</b>		
19:45 - 20:30	<b>CIRKEL</b>	20:00 - 21:00	<b>MEDITATION</b>		
20:05 - 20:50	<b>AQUA YOGA</b>				
TORSDAG		FREDAG		LÖRDAG	
06:30 - 07:15	<b>BODY PUMP 45</b>	06:30 - 07:15	<b>SPINN POWER</b>	08:45 - 09:30	<b>TABATA</b>
09:00 - 10:15	<b>YINYOGA</b>	06:45 - 07:30	<b>AQUA ATTACK</b>	09:00 - 10:00	<b>SPINN POWER 60</b>
09:00 - 10:00	<b>CF SIMPEL</b>	08:30 - 09:30	<b>HOT YOGA</b>	09:00 - 10:00	<b>BODYSTEP</b>
09:00 - 10:00	<b>HOT YOGA</b>	09:00 - 10:00	<b>BODYPUMP</b>	09:00 - 10:00	<b>LÖPNING FÖR ALLA*</b>
09:15 - 10:15	<b>BODYSTEP</b>	09:15 - 10:00	<b>SH'BAM</b>	09:15 - 10:15	<b>BODYPUMP</b>
09:30 - 10:15	<b>SPINN POWER</b>	09:05 - 09:50	<b>SENIORCIRKEL</b>	09:30 - 10:45	<b>HOT YOGA 75</b>
10:10 - 11:10	<b>MAMMA/BARN</b>	10:05 - 10:50	<b>SENIOR TABATA</b>	09:45 - 10:45	<b>CF MEDEL STYRKA</b>
10:30 - 11:15	<b>CORE SOFT</b>	10:10 - 11:10	<b>BODY BALANCE</b>	10:15 - 10:50	<b>LES MILLS BARRE</b>
12:10 - 12:55	<b>CIRKEL</b>	10:10 - 10:40	<b>LES MILLS BARRE</b>	10:30 - 11:30	<b>BODYCOMBAT</b>
13:00 - 13:45	<b>AQUA</b>	10:55 - 11:40	<b>INDOORWALKING</b>	10:30 - 11:15	<b>SPINN FTP</b>
14:00 - 14:45	<b>AQUA YOGA</b>	12:05 - 12:50	<b>AQUA</b>	10:45 - 11:30	<b>INDOORWALKING</b>
15:00 - 15:45	<b>AQUA TABATA</b>	12:10 - 12:55	<b>HOT POWERYOGA</b>	11:00 - 12:15	<b>HOT POWERYOGA 75</b>
17:00 - 17:45	<b>LESMILLS TONE</b>	12:10 - 12:55	<b>CIRKEL</b>	11:00 - 11:55	<b>SH'BAM</b>
17:00 - 18:00	<b>CF ADVANCED</b>	13:05 - 13:50	<b>DJUPVATTEN</b>	11:00 - 11:45	<b>CIRKEL</b>
17:10 - 17:55	<b>SH'BAM</b>	17:00 - 18:00	<b>HOT YOGA</b>	12:00 - 12:45	<b>ITRIM</b>
17:10 - 17:55	<b>INDOORWALKING</b>	17:00 - 17:45	<b>SPINN POWER</b>		
17:20 - 17:50	<b>SPRINT</b>	17:00 - 18:00	<b>BODYPUMP</b>		
17:30 - 18:45	<b>POWERYOGA</b>	17:15 - 18:00	<b>TABATA</b>		
18:00 - 19:00	<b>BODYSTEP ATHLETIC</b>				
18:10 - 19:10	<b>BOX</b>				
18:15 - 19:00	<b>BODYATTACK 45</b>				
18:15 - 19:00	<b>SPINN FTP</b>				
18:15 - 19:15	<b>HOT YOGA</b>				
19:00 - 20:15	<b>YINYOGA</b>				
19:10 - 19:55	<b>TABATA</b>				
19:10 - 19:55	<b>AQUA ATTACK</b>				
19:15 - 20:15	<b>FUNKTIONELL STYRKA</b>				
19:15 - 19:45	<b>CXWORX</b>				
				SÖNDAG	
				09:15 - 10:30	<b>HOT POWERYOGA</b>
				09:15 - 10:30	<b>YINYOGA</b>
				09:15 - 10:00	<b>SPINN POWER</b>
				09:30 - 10:30	<b>INDOORWALKING 60</b>
				09:30 - 10:15	<b>ZUMBA</b>
				10:15 - 11:15	<b>CF TERMINATOR</b>
				10:30 - 11:30	<b>BODYPUMP</b>
				10:45 - 11:45	<b>HOT YOGA</b>
				10:45 - 11:45	<b>BODYBALANCE</b>
				11:00 - 12:00	<b>UTE CIRKEL</b>
				15:50 - 16:50	<b>CF TEAM</b>
				16:00 - 17:00	<b>YOGA</b>
				16:00 - 17:00	<b>BODYPUMP</b>
				16:30 - 18:00	<b>SPINN DISTANS 90</b>
				16:55 - 17:55	<b>CF SIMPEL</b>
				17:10 - 17:55	<b>SH'BAM</b>
				17:15 - 18:30	<b>YINYOGA</b>
				18:05 - 18:50	<b>AQUA ATTACK</b>