

## SAL ENERGI

HÖSTSCHEMA 2024

GULT = Seniorpass

BLÅTT = Nyhet

TID	MÅNDAG	TISDAG	ONSDAG	TORSdag	FREDAG	LÖRDAG	SÖNDAG
Morgon				06.30 Les Mills SHAPES™ 45 Matilda			
Morgon	08.45 Seniorcirkel 45 By TK Sacha	09.15 Senior Balans Rörighet Styrka 45 By TK Maria	09.15 Senior Styrka/Rörighet/Core 45 By TK Britt-Marie	09.15 Seniorcirkel 45 By TK Maria	09.40 Starkare Senior 55 By TK Lucas	09.00 Cross Mix 55 By TK Niklas	10.00 Tabata 40 By TK Micke
Lunch			12.00 Les Mills SHAPES™ 45 Lucas	12.00 Core Rumpa Lär 40 By TK Vicky			
Kväll	17.30 Bodystep™ 45 Niina	17.20 Just Dance 45 By TK Vicky	17.00 Les Mills PILATES™ 45 Nina	17.00 Funktionell Styrka Puls 45 By TK Irene	16.20 BODYATTACK™ 45 Lisa		16.30 BODYATTACK™ 45 Matilda
Kväll	18.30 Les Mills SHAPES™ 45 Matilda	18.10 Les Mills CORE™ 30 Vicky	18.00 BODYBALANCE™ Ann-Ki	18.00 Les Mills SHAPES™ 45 Lucas	17.15 Tabata 40 By TK Hampus		17.25 Core 40 By TK Vicky

## SAL HARMONI

TID	MÅNDAG	TISDAG	ONSDAG	TORSdag	FREDAG	LÖRDAG	SÖNDAG
Morgon			09.00 Senioryoga 55 By TK Ann-Ki				
Kväll	19.00 Yoga 60 By TK Martina	19.15 Mjukyoga/Yinyoga 60 By TK Ann-Ki		18.50 Yoga 60 By TK Nina			

## SAL KRAFT

TID	MÅNDAG	TISDAG	ONSDAG	TORSdag	FREDAG	LÖRDAG	SÖNDAG
Morgon	09.00 Seniorspinning 45 By TK Tanja		06.30 Spinning 45 By TK Malin/Ulrika		06.30 Spinning 45 By TK Lisa	09.30 Spinning 55 By TK Lisa	
Lunch		12.00 Spin/styrka 55 By TK Micke Styrkedelen körs i Sal STYRKA			09.15 Senior Spin/Styrka 60 By TK Tanja		16.15 Spinning 55 By TK Martina
Kväll	17.20 Spinning 55 By TK Ella	17.15 Spinning 55 By TK Fredde	17.30 Spinning 55 By TK Andreas	17.00 SpinningStyrka 65 By TK Ulrika Styrkedelen körs i Sal STYRKA	16.30 Spinning 45 By TK Malin		

## SAL STYRKA

TID	MÅNDAG	TISDAG	ONSDAG	TORSdag	FREDAG	LÖRDAG	SÖNDAG
Morgon	07.55 Core Styrka 40 By TK Sacha				07.30 BODYBALANCE™ Martina	09.30 BODYPUMP™ 55 Martina	
Förmiddag/ Lunch			12.15 Bodypump™ 45 Matilda		12.00 BODYPUMP™ 55 Vicky	10.40 Les Mills PILATES™ 45 Martina	
Eftermiddag	15.00 BODYPUMP™ 55 Vicky						
Kväll	17.45 BODYPUMP™ 55 Jennie	17.15 BODYPUMP™ 55 Martina	17.15 Core Rumpa Lär 40 By TK Sacha	18.20 BODYPUMP™ 45 Lisa/Niina			17.15 BODYPUMP™ 45 Frida
Kväll			18.10 Les Mills GRIT Strength™ 30 Hampus				18.15 BODYBALANCE™ Nina

## UTOMHUS

Tid	MÅNDAG	TISDAG	ONSDAG	TORSdag	FREDAG	LÖRDAG	SÖNDAG
Lunch					12.00 Cross Mix 45 By TK Peo		
Kväll	17.30 Cross Mix 55 By TK Niklas		17.30 Cross Mix 55 By TK Micke				
Kväll	17.30 TK's Trappor 45 By TK Peo						