

TID	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
Morgon	08.45 Seniorcirkel 45 By TK Sacha	09.15 Senior Balans Rörlighet Styrka 45 By TK Maria	09.00 Puls/Styrka 55 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	12.15 Les Mills PILATES™ Martina		
Kväll	17.20 Bodystep™ 45 Niina	17.00 Les Mills CORE™ 30 Vicky	17.10 Core Rumpa Lär 40 by TK Sacha	17.00 Funktionell Styrka Puls 45 By TK Irene	17.00 After Work pass Rullande koncept		16.30 BODYATTACK™ 45 Matilda
Kväll	18.15 Les Mills SHAPES™ 45 Lucas	17.40 Just Dance 45 By TK Vicky	18.00 ZUMBA 45 Bea	18.15 Les Mills SHAPES™ Matilda			17.25 Core Puls Styrka 40 By TK Vicky
Kväll		18.30 BODYATTACK™ 45 Lisa/Matilda					

SAL HARMONI

TID	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
Morgon			09.00 Senioryoga 55 By TK Ann-Ki	09.00 Seniorpilates 45 By TK Ingela			
Eftermiddag							16.00 Pilates 45 By TK Ingela
Kväll	18.50 Poweryoga 60 By TK Martina	19.15 Mjukyoga/Yinyoga 60 By TK Ann-Ki		19.00 Yoga Flow 60 By TK Nina			17.15 Hatha Yoga 60 By TK Ingela

SAL KRAFT

TID	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
Morgon	09.00 Seniorspinning 45 By TK Nellie		06.30 Spinning 45 By TK Malin		06.30 Spinning 45 By TK Lisa	09.30 Spinning 55 By TK Lisa	
Lunch		12.00 Spin/styrka 55 By TK Micke			09.15 Senior Spin/Styrka 60 By TK Nellie		
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 55 By TK Lisa	16.30 Spinning 45 By TK Malin		17.00 Spinning 55 By TK Martin

SAL STYRKA

TID	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
Morgon	07.55 Core Styrka 40 By TK Sacha	06.30 Core 40 By TK Matilda			08.30 BODYBALANCE™ Lucas	08.30 Les Mills SHAPES™ Matilda	10.30 BODYPUMP™ 55 Martina
Förmiddag/ Lunch		10.15 Starkare Mamma 45 By TK Maria	12.15 Bodypump™ 45 Matilda		12.00 BODYPUMP™ 55 Vicky	09.30 BODYPUMP™ 55 Martina	
Eftermiddag	15.00 BODYPUMP™ 55 Vicky					10.40 BODYBALANCE™ Martina	
Kväll	17.20 BODYPUMP™ 55 Nellie	17.15 BODYPUMP™ 55 Martina	17.00 BODYBALANCE™ Ann-Ki	Forts. Spin Styrka			17.15 BODYPUMP™ 45 Frida
Kväll	Forts ALET	18.25 Les Mills PILATES™ 45 Martina	18.10 Les Mills GRIT Strength™ 30 Hampus	18.30 BODYPUMP™ 45 Niina			18.15 BODYBALANCE™ Nina
Kväll			18.50 Les Mills PILATES™ Nina				

UTOMHUS

Tid	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
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						