

MÅNDAG	TISDAG	ONSDAG	TORS DAG
CYKEL 45 ACTIVE 07:00–07:45	CARDIO WALKING 07:00–07:45	CROSSCHALLENGE 07:00–07:45	HOT MOJO 11:15–12:15
YOGA 60 08:00–09:00	CYKEL 30 ACTIVE 11:30–12.00	BODYBALANCE 17:15–18.15	CXWORX 30 11:40–12:10
SENIOR 60 10:00–11:00	CXWORX 30 12:15–12:45	YOGA 60 17:20–18:20	BODYPUMP 60 17:00–18:00
BODYPUMP 60 11:30–12:30	RPM 50 16:30–17:20	CYKEL 45 ACTIVE 18:00–18.45	CYKEL 60 ACTIVE 17:00–18.00
CARDIO STEP 16:50–17:50	CROSSCHALLENGE 16:45–17:45	BODYCOMBAT 18:30–19:30	CXWORX 18.15–18:45
CYKEL 45 ACTIVE 17:40–18:25	CXWORX 30 17:20–17:50	CXWORX 30 19:00–19:30	ZUMBA FITNESS 18:15–19.15
BODYVIVE 18:00–18.45	CARDIO STEP 18:00–19.00	BODYATTACK 19:40–20:40	CYKEL 45 ACTIVE 18:55–19:40
CXWORX 30 18:30–19:00	ZUMBA FITNESS 18:00–19.00	CROSSCHALLENGE 19:45–20:45	BODYVIVE 45 19:00–19:45
BODYPUMP 45 19:00–19.45	CYKEL 60 ACTIVE 18:10–19.10		
CYKEL 60 ACTIVE 19:10–20:10	YOGA 60 19:00–20.00		
SH'BAM 45 19:10–19:55	BODYBALANCE 19:10–20:10		
CROSSCHALLENGE 20:00–20:45			

FREDAG	LÖRDAG	SÖNDAG
CYKEL 30 ACTIVE 06:45–07:15	RPM 50 10:15–11:05	BODYCOMBAT 11:00–12:00
CXWORX 07:20–07:50	BODYPUMP 60 11:15–12:15	BODYATTACK 12:15–13:15
SENIOR 60 10:00–11:00	YOGA 60 11:20–12:20	CXWORX 30 16:50–17:20
CYKEL 45 ACTIVE 16:30–17:15		
BODYPUMP 17:30–18:30		
SH'BAM 45 18:40–19:25		