

# GRUPPTRÄNINGSSCHEMA | *HÖST 2024*

*MÅNDAG*

*TISDAG*

*ONSDAG*

*TORSDAG*

*FREDAG*

*LÖRDAG*

*SÖNDAG*

12.00

**COREASS**

30 min

07.00

**W.U.S**

30 min

12.00

**STRONGER**

45 min

07.00

**BURN**

30 min

12.00

**RAW**

45 min

10.00

**YIN YOGA**

75 min

11.00

**SOFT VINYASA YOGA**

75 min

16.45

**RAW**

45 min

12.00

**YOGALATES**

45 min

16.45

**ENDURE**

60 min

10.30

**KICK ASS MAMAS**

45 min

12.30

**COREASS+**

45 min

17.45

**HEAVY-DUTY YOGA**

60 min

13.00

**POWERSENIORITAS**

45 min

18.00

**FIGHTER**

45 min

13.00

**POWERSENIORITAS**

45 min

19.00

**PILATES**

45 min

16.45

**STRONGER**

45 min

19.00

**YIN YOGA**

60 min

16.45

**PILATES**

45 min

17.45

**COREASS**

30 min

17.45

**STRONGER**

45 min

18.30

**STRONG FLOW YOGA**

75 min

**ROSA SKROT**