

MÅNDAG

TISDAG

ONSDAG

TORSDAG

FREDAG

LÖRDAG

SÖNDAG

10.30
KICKASS MAMAS
45 min

07.00
[WAKEUP]STRONGER
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
YOGA VIBE
75 min

12.00
COREASS
30 min

11.30
POWERSENIORITAS
45 min

17.15
ENDURE
60 min

10.30
KICKASS MAMAS
45 min

12.30
COREASS+
45 min

17.15
BB - STYRKA
30 min

17.15
BB - BOXFYS
30 min

17.15
BB - HIIT
30 min

13.30
POWERSENIORITAS
45 min

17.15
RAW
45 min

17.15
STRONGER
45 min

18.30
PILATES
45 min

17.00
YOGA VIBE
60 min

18.15
COREASS+
45 min

18.15
YOGA STRONG FLOW
75 min

19.30
YIN YOGA
60 min

18.15
COREASS
30 min

19.15
PILATES
45 min

18.45
STRONGER
30 min

Klass i **Stora salen**

Klass i **Gymmet**

Klass i **Blackbox**

ROSA SKROT