

MÅNDAG

TISDAG

ONSDAG

TORSDAG

FREDAG

LÖRDAG

SÖNDAG

12.00

COREASS

30 min

07.00

WAKEUPSTRONGER

30 min

12.00

STRONGER

45 min

07.00

BURN

30 min

12.00

RAW

45 min

09.00

HAPPY

45 min

11.00

YOGA VIBE

75 min

13.00

POWERSENIORITAS

45 min

12.00

POWERSENIORITAS

45 min

17.15

ENDURE

60 min

13.30

POWERSENIORITAS

45 min

10.00

YIN YOGA

75 min

17.15

RAW

45 min

17.15

STRONGER

45 min

17.15

BLACKBOX-HIIT

30 min

17.00

YOGA VIBE

60 min

12.30

COREASS+

45 min

17.15

BLACKBOX-STYRKA

30 min

17.15

BLACKBOX-BOX

30 min

18.30

PILATES

45 min

18.15

COREASS

30 min

18.15

COREASS+

45 min

18.15

YOGA STRONG FLOW

75 min

19.30

YIN YOGA

60 min

18.45

STRONGER

30 min

19.15

PILATES

45 min

ROSA SKROT