

# MÅNDAG

# TISDAG

# ONSDAG

# TORSDAG

# FREDAG

# LÖRDAG

# SÖNDAG

10.30  
KICK ASS MAMAS  
45 min

07.00  
WAKEUPSTRONGER  
30 min

12.00  
STRONGER  
45 min

07.00  
BURN  
30 min

10.30  
KICK ASS MAMAS  
45 min

10.00  
YOGA YIN  
75 min

11.00  
YOGA VIBE  
75 min

12.00  
COREASS  
30 min

11.30  
POWERSENIORITAS  
45 min

17.15  
ENDURE  
60 min

14.00  
POWERSENIORITAS  
45 min

12.00  
RAW  
45 min

13.00  
COREASS+  
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

17.30  
BLACKOUT  
30 min

19.30  
YIN YOGA  
60 min

18.15  
COREASS  
30 min

19.15  
PILATES  
45 min

18.15  
YOGA STRONG FLOW  
75 min

18.45  
STRONGER  
30 min



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