

Vårsschemat 2018

Gäller fr.o.m 2/1-2018

EC City

MÅNDAG

| | | | | |
|----------|-------|----------------------|-----------|---------------|
| Tagg+kod | 06.15 | Spinning 45 min | Marie P | Start v. 3 |
| | 09.00 | Seniorträning 60 min | Kalle | |
| | 17.20 | BodyPump® 60 min | Ann-Sofie | |
| | 17.30 | IndoorWalking 45 min | Viktoria | |
| | 18.30 | CXWORX® 30 min | Carina | |
| | 18.30 | Spinning 60 min | Christian | |
| | 19.10 | Yinyoga 30 min | Lina | Ojämna veckor |
| | 19.10 | Hathayoga 60 min | Paulina | Jämna veckor |
| Tagg+kod | 19.45 | Ashtangayoga 60 min | Lina | Ojämna veckor |

TISDAG

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|----------|-------|-------------------------------|-----------|
| | 09.00 | Yinyoga 45 min | Lina |
| | 17.00 | GRIT Strenght® 30 min | Magnus |
| | 17.40 | CXWORX® 30 min | Linn |
| | 18.15 | SPRINT® 30 min | Ylva |
| | 18.20 | BodyCombat® 60 min | Ann-Sofie |
| | 18.55 | RPM® Spinning 45 min | Marie F |
| | 19.30 | BodyPump® 60 min | Marie P |
| Tagg+kod | 19.50 | Indoorwalking Intensiv 30 min | Marie F |

ONSDAG

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|--|-------|-------------------------|---------|
| | 09.00 | CXWORX® 30 min | Carina |
| | 17.15 | BodyPump® 45 min | Ylva |
| | 17.20 | Spinning 45 min | Marie P |
| | 18.10 | Fitnessbox 60 min | Olivia |
| | 18.15 | Activio Spinning 45 min | Ylva |
| | 19.10 | IndoorWalking 45 min | Cajza |
| | 19.20 | Booty 30 min | Olivia |

EC södra

MÅNDAG

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|-------|--------------------------|--------|----------|
| 12.15 | Lunch X-Challenge 30 min | Kalle | Tagg+kod |
| 19.00 | X-Training 60 min | Robert | |

TISDAG

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|-------|-------------------|------|
| 18.00 | X-Strength 45 min | John |
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ONSDAG

| | | | |
|-------|----------------------|-------|----------|
| 09.00 | Seniorträning 50 min | Kalle | Tagg+kod |
| 17.45 | Team Cirkel 30 min | Kalle | |
| 18.20 | Tabata 30 min | Kalle | |

TORS DAG

| | | | | |
|----------|-------|---------------------|-----------|-----------|
| Tagg+kod | 06.10 | BodyPump® 45 min | Ann-Sofie | Start v.2 |
| | 09.00 | Zumba Gold 45 min | Ljubica | |
| | 17.00 | Hathayoga 60 min | Maria | |
| | 17.45 | SPRINT® 30 min | Marie F | |
| | 18.10 | H.I.I.T 30 min | Kalle | |
| | 18.30 | Spinning 60 min | Christian | |
| | 18.50 | Booty-Cirkel 45 min | Olivia | |

FREDAG

| | | | |
|----------|-------|--------------------|----------------|
| Tagg+kod | 09.00 | Yinyoga 45 min | Lina |
| | 16.25 | BodyPump® 30 min | Ann-Sofie |
| | 17.00 | SPRINT® 30 min | Magnus/Marie F |
| | 17.00 | BodyCombat® 30 min | Ann-Sofie |
| | 17.40 | CXWORX® 30 min | Linn |

LÖRDAG

| | | | |
|-------|----------------------|-------------------------|----------|
| 09.00 | BodyPump® 60 min | Ann-Sofie | Rullande |
| 09.00 | Spinning 60 min | Marie P | |
| 10.10 | IndoorWalking 45 min | Viktoria/Marie Fe/Cajza | |
| 10.10 | Zumba Fitness 60 min | Izabela | |
| 11.15 | BodyBalance® 60 min | Mimmi | |

SÖNDAG

| | | | | |
|----------|-------|-------------------|----------|-----------|
| Tagg+kod | 09.00 | CXWORX® 30 min | Linn | Start v.3 |
| | 09.40 | SPRINT® 30 min | Marie F | |
| | 09.40 | Fitnessbox 60 min | Olivia | |
| | 15.30 | Spinning 45 min | Cornelia | |

TORS DAG

| | | | |
|-------|--------------------|-------|----------|
| 19.20 | X-Challenge 30 min | Kalle | Tagg+kod |
| 20.00 | Team Cirkel 30 min | Kalle | Tagg+kod |

FREDAG

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|-------|-------------------|--------|----------|
| 06.15 | X-Training 45 min | Robert | Tagg+kod |
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LÖRDAG

| | | | |
|-------|----------------------|-------|----------|
| 10.00 | Cirkelträning 50 min | Kalle | Tagg+kod |
| 11.10 | X-Strength 45 min | John | Tagg+kod |

SÖNDAG

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|-------|-----------------------|--------|----------|
| 10.00 | GRIT Strength® 30 min | Magnus | Tagg+kod |
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Med reservation för eventuella ändringar

