Lok&Motion

# Vårschema 2017

Öppettider
Mån-Tors: 06.30-21.30
Fre: 06.30-20.00
Lör: 09.00-18.00
Sön: 10.00-20.00

| Måndag | Tisdag | Onsdag | Torsdag | Fredag | Lördag | Söndag |
|---|---|---|---|---|---|---|
| 08.00-08.55<br>Kamp-Fys<br>Totto | 07.00-07.45<br>Funktionell Träning<br>45 min<br>Suzanne | 08.00-08.55<br>Kamp-Fys<br>Totto | | 06.45-07.30<br>Spin Morgon<br>Kim | | |
| 09.00-09.55<br>Senior Zumba<br>Malin | 09.00-09.55<br>Senior Stationsträning<br>Annie<br>ACTIVIO | 09.00-09.55<br>Senior Styrka/Balans<br>Elin | 09.00-09.45<br>Spin Senior<br>Elin | 09.00-09.55<br>Senior Gympa med stång<br>Pernilla | 09.15-09.45<br>Funktionell Träning Express<br>Ulrika | |
| 10.05-11.00<br>RyggYoga<br>Annie | | 10.05-11.00<br>RyggYoga<br>Elin | 10.00-10.55<br>Senior Gympa<br>Pernilla<br>10.00-10.45<br>Förälder-barn<br>Nathalie/Elina | | 09.50-10.20<br>Core Express<br>Ulrika | |
| 11.30-12.00<br>Spin Express<br>Annie | 11.30-12.15<br>Crosstraining/<br>Crossfight<br>Ameli/Maria<br>ACTIVIO | 11.30-12.15<br>Powertraining<br>Totto<br>ACTIVIO | 11.30-12.00<br>GRIT Strength<br>Kim<br>LesMILLS | 11.30-12.15<br>Crosstraining/<br>Crossfight<br>Ameli/Maria<br>ACTIVIO | 10.25-10.55<br>Spin Express<br>Ulrika<br>10.45-11.30<br>Lek & Rörelse<br>Barn 2-6 år med<br>förälder<br>Sandra | |
| 12.05-12.35<br>MRL Express<br>Annie | | 12.20-12.50<br>Kamp-Fys<br>Totto | | | | |
| | 16.45-16.55<br>Spin Activio<br>Intro | 16.45-16.55<br>Kettlebell Intro<br>Matilda | | | | 16:00-16:55<br>Soma Move<br>John<br>16.45-16.55<br>Spin Intro<br>Per |
| 17.00-17.55<br>Zumba Malatino<br>Malin<br>17.00-17.55<br>Soma Move<br>Elin | 17.00-17.55<br>Body-<br>Combat<br>Kim<br>LesMILLS<br>17.00-17.55<br>Solojazz<br>cardio<br>Elin<br>17.00-17.45<br>Spin Activio<br>Intervall<br>45<br>Ingela | 17.00-17.55<br>Zumba<br>Malatino<br>Malin<br>17.00-17.55<br>Kettlebell<br>Matilda | 17.00-18.00<br>Powerpulse<br>Diana<br>17.30-18.00<br>MRL<br>Annie | 17.00-17.55<br>BodyCombat<br>Frida W<br>LesMILLS<br>17.00-17.55<br>BodyBalance<br>Eva<br>LesMILLS | | 17.00-17.55<br>BodyCombat<br>Annie<br>LesMILLS<br>17.00-17.55<br>Spin Activio 55<br>Per |
| 18.05-18.35<br>BodyPump<br>Express<br>Kim/Emelie<br>LesMILLS<br>17.30-18.25<br>Spin 55<br>Kim | 18.05-18.35<br>Bosu Intervall<br>Ulrika<br>18.05-19.00<br>BodyBalance<br>Kim<br>LesMILLS | 18.05-19.00<br>Pump<br>Emelie<br>18.05-19.00<br>BodyBalance<br>Linda<br>LesMILLS | 18.10-19,05<br>Funktionell<br>Träning<br>Josefin<br>18.30.-19.15<br>Spin Activio 45<br>Emelie | | | 18.05-19.15<br>VinyasaYoga<br>Nivå 2<br>Ulrika |
| 18.45-19.15<br>GRIT Strength<br>Kim<br>LesMILLS<br>18.45-19.15<br>Core Express<br>Emelie | 19.00.19.55<br>Kamp-Fys<br>Totto<br>19.15-20.00<br>Sh´Bam<br>Lise<br>LesMILLS<br>18.50-19.50<br>Nature X<br>Utepass<br>Ulrika | 19.05-19.35<br>Core Express<br>Annie | 19.10-20.20<br>VinyasaYoga<br>Nivå 1<br>Theve | | | |
| 19.20-20.30<br>YinYoga<br>Elin | | 19.45-20.15<br>GRIT Strength<br>Tove<br>LesMILLS<br>19.45-20.15<br>Spin Express<br>Annie | | | | |