

## MONDAY

	STUDIO 1	STUDIO 2
10.00	BODYPUMP ULRIKA	
17.30	BODYBURN ISABELLA	Z KIDS (3-5 ÅR/V.) JESSICA
18.45	POWER STEP ANNIKA	BODYCOMBAT JESSICA
20.00	ZUMBA ANNA	VINYASA FLOW MARICA

## TUESDAY

	STUDIO 1	STUDIO 2
10.00	WAKE UP CORE ANNA	
17.45	BODYPUMP CARINA	MAMA SHAPE UP JOHANNA
19.00	BODYATTACK MIKAELA	BASIC TRAINING CARINA
20.15		SOMA MOVE 45 MIN (Från v.3 alkaen) MIKAELA

## WEDNESDAY

	STUDIO 1	STUDIO 2
7.45	WAKE UP SHAPE JESSICA	
10.00	ZUMBA ANNA	
14.00	CARDIO & CORE ANNA	
15.30	DANCE MIX 10-13 ÅR/V. 50 MIN ANNA	
17.30	SHAPE & TONE JESSICA	DANCE VIBE ANNIKA
18.45	BODYCOMBAT LINDA	BODYBALANCE ANNIKA/JESSICA
20.00	BODYPUMP SANNA	

## THURSDAY

	STUDIO 1	STUDIO 2
10.00	MAMA SHAPE UP JOHANNA	BODYBALANCE ANNA
16.30	ZUMBA 50 MIN ANNA	
17.30	CARDIO & CORE ANNA	
18.45	BODYPUMP LINDA	SH'BAM 30 MIN/BODYBALANCE 30 MIN ANNIKA/ANNA

## FRIDAY

	STUDIO 1	STUDIO 2
10.00	BODYPUMP CARINA	
16.45	EXPRESS FRIDAY* TEAM	

\* 16.45-17.15 BODYPUMP  
17.20-17.50 BODYATTACK  
17.55-18.25 BODYBALANCE

Du väljer själv om du deltar 30, 60 eller 90 minuter. / Valitset itse jos haluat osallistua 30, 60 tai 90 min. (3 for the price of 1)

## SATURDAY

	STUDIO 1	STUDIO 2
9.45		YIN YOGA 75 MIN SOFIA
10.00	BODYPUMP ULRIKA	
11.15	ZUMBA ANNA	BODYCOMBAT MARTINA

## SUNDAY

	STUDIO 1	STUDIO 2
17.15	SH'BAM 45 MIN TEAM	MOVE & JOY 6-9 ÅR/V. 45 MIN JESSICA
18.15	POWER HOUR MIKAELA	MOVE & JOY 10-13 ÅR/V. JESSICA
19.30	BODYBALANCE MIKAELA	MEDIYOGA 75 MIN ANNIKA SLUSSNÄS

INGEN BOKNING NÖDVÄNDIG! EI TARVITSE ILMOITTAUTUA!