



The Challenge 2.0

Namn/Nimi

- Basic training
- Bodyattack
- Bodybalance
- Bodyburn
- Bodycombat
- Bodypump
- Cardio & core
- Express Friday
- Mama shape up

The Challenge 2.0

- Mediyoga
- Power hour
- Power step
- Shape & tone
- Sh'bam
- Sh'bam/
bodybalance
- Soma move
- Vinyasa flow
- Wake up core
- Yinyoga
- Zumba