

## Måndag

- 06.15 ● **SP Medel**, 45 min (cx)  
Spinningsalen, Annie P
- 07.00 ● **CXWORX™** 30 min (sp)  
Aerobicsalen, Annie P
- 12.00 ● **BODYPUMP®**, 50 min  
Bodypumpsalen, Anna Z
- **PowerYoga**  
Yogasalen, Susanne H
- **SpinningQuick**, 30 min (cx)  
Spinningsalen, Linda J
- 12.30 ● **CXWORX™** 30 min (sp)  
Aerobicsalen, Linda J
- 16.15 ● **SP Distans**  
Spinningsalen, Peter K
- 16.30 ● **BODYPUMP®**  
Bodypumpsalen, Carina
- 16.45 ● **IW Lätt/Medel**, 45 min  
Indoorwalkingsalen, Camilla B
- 17.00 ● **Pilates Boll**  
Yogasalen, Ruta
- 17.15 ● **RPM™**  
Spinningsalen, Anna Z
- **StepUp**  
Aerobicsalen, Susanne H
- **Cirkelträning**, 25 min (iw)  
Styrketräningssalen, Niclas C
- 17.30 ● **BODYPUMP®**  
Bodypumpsalen, Linda L
- 17.45 ● **IW Medel**, 45 min (cirkel)  
Indoorwalkingsalen, Carina
- 18.00 ● **BODYBALANCE™**  
Yogasalen, Barbro
- 18.15 ● **ZUMBA®**  
Aerobicsalen, Zandra
- **SP Power**  
Spinningsalen, Sophia S
- 18.30 ● **BODYPUMP®**  
Bodypumpsalen, Åsa B
- 18.45 ● **IW Medel**, 45 min  
Indoorwalkingsalen, Helen
- 19.00 ● **PowerYoga**, 75 min  
Yogasalen, Irene
- 19.15 ● **Aerobic**  
Aerobicsalen, Sabina
- 19.30 ● **CrossFitness**, 30 min  
Bodypumpsalen, Emelie B
- **SP Medel**  
Spinningsalen, Carolina
- 20.00 ● **Box 2**  
Bodypumpsalen, Christian

## Tisdag

- 06.30 ● **BODYPUMP®**  
Bodypumpsalen, Louise P
- **Medicinsk Yoga**  
Yogasalen, Malin
- **IW Medel**, 45 min  
Indoorwalkingsalen, Tomas
- 12.00 ● **Pilates Matta**  
Yogasalen, Ruta
- **AerobicQuick**, 30 min (cx)  
Aerobicsalen, Susanne H
- **Cirkelträning**, 25 min (cx)  
Styrketräningssalen, Nicole
- **IW Medel**, 30 min (cx)  
Indoorwalkingsalen, Camilla B
- 12.30 ● **CXWORX™** 30 min (aer, iw)  
Aerobicsalen, Susanne H
- 17.00 ● **ZUMBA®**  
Aerobicsalen, Åsa Q
- **CXWORX™** 30 min (cirkel)  
Bodypumpsalen, Queenie
- 17.15 ● **SP Power**  
Spinningsalen, Maria B
- 17.30 ● **FunctionalMoves®**  
Bodypumpsalen, Queenie
- **Cirkelträning**, 25 min (iw, cx)  
Styrketräningssalen, Nicole
- **PowerYoga**  
Yogasalen, Marie H
- 18.00 ● **IW Medel**, 45 min (cirkel)  
Indoorwalkingsalen, Christin
- **BODYSTEP®**  
Aerobicsalen, Karin E
- 18.15 ● **SP Medel**  
Spinningsalen, Maria H (cx)
- 18.30 ● **BODYBALANCE™**  
Yogasalen, Susanne H
- **BODYPUMP®**  
Bodypumpsalen, Linda J
- 19.00 ● **BODYATTACK®**  
Aerobicsalen, Paulina
- 19.30 ● **CXWORX™** 30 min (sp)  
Yogasalen, Susanne H
- **BODYPUMP®**  
Bodypumpsalen, Åsa P
- **Balet**, 75 min  
Danssalen, Måns
- 20.00 ● **Jazz**, 90 min  
Aerobicsalen, Sophie K

## Onsdag

- 06.30 ● **SP Medel**, 50 min  
Spinningsalen, Linda J
- 11.00 ● **BODYPUMP®**  
Bodypumpsalen, Julia
- 12.00 ● **SpinningQuick**, 30 min (cx)  
Spinningsalen, Louise L
- **Cirkelträning**, 25 min (cx)  
Styrketräningssalen, Nicole
- **BODYBALANCE™**, 50 min  
Yogasalen, Susanna W
- 12.30 ● **CXWORX™** 30 min (sp, cirkel)  
Aerobicsalen, Carina/Louise L
- 16.30 ● **BODYPUMP®**  
Bodypumpsalen, Emma
- **Medicinsk Yoga**  
Yogasalen, Susanne H
- 16.45 ● **IW Medel**, 45 min (cirkel)  
Indoorwalkingsalen, Susanne J
- 17.00 ● **Aerobic**  
Aerobicsalen, Susanne H
- 17.15 ● **SP Medel**  
Spinningsalen, Emelie B
- 17.30 ● **BODYPUMP®**  
Bodypumpsalen, Queenie
- **BODYBALANCE™**  
Yogasalen, Christin
- 17.35 ● **Cirkelträning**, 25 min (iw)  
Styrketräningssalen, Susanne J
- 17.45 ● **IW Power**, 45 min  
Indoorwalkingsalen, Johan M
- 18.00 ● **BODYATTACK®**  
Aerobicsalen, Paulina
- 18.30 ● **PowerYoga**, 75 min  
Yogasalen, Malin/Elna
- **CrossFitness**, 30 min  
Bodypumpsalen, Emelie B
- 18.45 ● **SP Power**  
Spinningsalen, Queenie
- 19.00 ● **BODYCOMBAT®**  
Bodypumpsalen, Paulina

## Torsdag

- 06.30 ● **BODYPUMP®**  
Bodypumpsalen, Annie P
- 11.45 ● **ZUMBA®**, 45 min (cx)  
Aerobicsalen, Susanne H
- 12.00 ● **BODYPUMP®**, 50 min  
Bodypumpsalen, Pernilla
- **SP Medel**, 50 min  
Spinningsalen, Maria B
- **IW Medel**, 30 min (cx)  
Indoorwalkingsalen, Susanne L
- 12.30 ● **CXWORX™** 30 min (iw)  
Aerobicsalen, Susanne H/Peter S
- 16.30 ● **Pilates Matta**  
Yogasalen, Ruta
- 17.00 ● **H-L-S-M**  
Aerobicsalen, Sabina/
- 17.15 ● **IW Medel**, 45 min  
Indoorwalkingsalen, Tomas
- **SP Power**  
Spinningsalen, Peter K
- 17.30 ● **BODYPUMP®**  
Bodypumpsalen, Sverker
- **BODYBALANCE™**  
Yogasalen, Anna Z
- 18.00 ● **Funk**  
Aerobicsalen, Linda L
- 18.15 ● **IW Power**, 45 min (cx)  
Indoorwalkingsalen, Peter K
- 18.30 ● **RPM™**, (cx)  
Spinningsalen, Tina
- **Box 2**  
Bodypumpsalen, Nicklas L
- **PowerYoga**, 75 min  
Yogasalen, Irene
- 19.00 ● **BODYSTEP®**  
Aerobicsalen, Pétur
- 19.30 ● **BODYPUMP®**  
Bodypumpsalen, Sofia Z
- 19.45 ● **CXWORX™** 30 min (rpm)  
Yogasalen, Tina

## Fredag

- 06.30 ● **IW Good morning**, 45 min  
Indoorwalkingsalen, Louise P
- **BODYBALANCE™**  
Yogasalen, Peter S
- **SP Distans**, 50 min  
Spinningsalen, Camilla B
- 12.00 ● **H-L-S-M**, 50 min  
Aerobicsalen, Sofia Lö/Lilly
- **BODYBALANCE™**, 50 min  
Yogasalen, Anna Z
- **SP Medel**, 50 min  
Spinningsalen, Susanne L
- 16.30 ● **BODYPUMP®**  
Bodypumpsalen, Sofia Le
- 17.00 ● **BODYJAM®**  
Aerobicsalen, Daniela
- 17.15 ● **SP Thank God It's Friday**  
Spinningsalen, Johan M
- 17.30 ● **Box 1**  
Bodypumpsalen, Johan N

## Lördag

- 09.15 ● **BODYBALANCE™**  
Yogasalen, Peter S
- 09.30 ● **IW Medel**, 45 min (cx)  
Indoorwalkingsalen, Carina/Var.
- 10.00 ● **BODYPUMP®**  
Bodypumpsalen, Tina
- 10.15 ● **CXWORX™**, 30 min (iw)  
Yogasalen, Peter S
- 10.45 ● **Pilates Boll**  
Yogasalen, Carina J
- 11.00 ● **BODYATTACK®**  
Bodypumpsalen, Sofia Le
- 11.15 ● **RPM™**  
Spinningsalen, Tina

## Söndag

- 10.15 ● **BODYPUMP®**  
Bodypumpsalen, Beata
- **BODYSTEP®**  
Aerobicsalen, Dea
- 11.15 ● **H-L-S-M**  
Aerobicsalen, Lilly/Sofia Lö
- 12.15 ● **ZUMBA®**  
Aerobicsalen, Monika
- 16.00 ● **BODYCOMBAT®**  
Aerobicsalen, Queenie
- **PowerYoga**, 75 min  
Yogasalen, Malin/Elna
- 16.15 ● **BODYPUMP®**  
Bodypumpsalen, Sofia Le
- 17.15 ● **SP Distans**, 75 min  
Spinningsalen, Queenie
- 17.30 ● **BODYBALANCE™**  
Yogasalen, Dea

Alla Quick-pass är 30 minuter

Pass inom ( ) = kombinationsmöjligheter

- = nybörjare
- = medel
- = för alla
- = svår

Med reservation för feltryck & ändringar

