

Gruppträning Våren 2024

Måndag

10.00	Senior Power
11.00	Cardio Cross
11.30	Pilates 45
16:00	Hybrid Strength training
16.45	Cykel 45
16.45	Kettlebells
17.30	Poweryoga
17.45	Bodypump 45
18:00	Cardio Cross
18:00	Cykel 30
18.45	Les Mills CORE™
19.20	Yin Yoga

Tisdag

06.45	Cykel 45
09.30	Seniorträning – cirkel
11.15	Yinyoga
11:30	Kettlebells
11:30	Les Mills Core
12.00	Hybrid strength training
17.00	Cardio Cross
17.15	Hybrid strength training
17.30	BODYBALANCE™
18:15	Kettlebells
18.45	Cykel 60
19:00	Meditation 45

Onsdag

07.00	Hybrid strength training
10:00	Cykel 45 - lågintensiv
11.00	Cardio Cross
11.30	BODYBALANCE 45™
16.30	Box
17:00	Tabata 30
17.45	Pilates
18.00	Cykel 45
18.15	Aerobic
18.45	Hybrid strength training
19:00	Yinyoga

Torsdag

09.30	Seniorträning – cirkel
11.00	Medi yoga
11.15	BODYPUMP™
12.00	Hybrid strength training
16:15	Cykel 30
17.00	Soma Move
17.15	Kettlebells
18.00	Yin Yoga
18.15	TRX- 45
19.15	Cykel 45

Fredag

06.45	Cykel 45
11.00	Cardio Cross
11.15	Soma Move
16.00	Hybrid strength training
16.45	Zumb-ish
17.00	BODYPUMP™

Lördag

09:00	Cykel 45
09.45	Cardio Cross
10.45	Slow Flow Yoga 75

Söndag

16:00	Functional Cross
17.00	BODYPUMP™
17.00	Yoga 75