

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	06:15-06:45 Spinning Ida/Tommy		06:15-06:45 Spinning Ann		06:15-06:45 Spinning Ingela		
	09:00-09:50 Seniorer Ingela	11:30-12:00 Spinning Ylva	11:30-12:00 Challenge Maria	11:30-12:00 Spinning Kattis	09:00-09:50 Seniorer Maria/Kattis/ Disa	09:30-10:00 Spinning Rullande	16:00-16:50 Styrka Puls Disa 17:00-17:30 Spinning Tommy
			16:30-17:00 Upperbody Ingela/Ida	17:00-17:35 Jumping Ylva	10:30-11:15 Crosscamp Ingela	10:10-10:40 Mixpass Rullande	
	17:00-17:30 Pulsspining Ingela	17:00-17:30 Ass n' legs Emelie	17:00-17:40 Spinning Mikaela/Ida	17:50-18:20 Minibands Elin N	16:30-17:00 AW Spinning Rullande		
	17:40-18:10 Basis Ball Center Core Betty	17:40-18:10 Spinning Emelie	17:10-18:00 B.R.A.K Tommy	18:30-19:00 Spinning Elin N	17:10-17:40 Surprise Rullande		
	18:20-19:10 Dance Fitness Elin B	17:40-18:30 Styrka Ingela/Ann	18:10-19:00 Zumba Erika	18.30-19.00 eXploHIIT200 Tommy/Linnea			18:00-19:30 Yoga Birgitta
	19:25-20:15 Cirkel Fys Ylva/Mikaela	18:40-19:20 Spinning Ann	19:10-19:45 Jumping Linnea	19:10-19:40 Core boll Ann			