

Måndag	Tisdag	Onsdag	Torsdag	Fredag
09.00-09.30 <b>Spinning</b> Lasse				09.00-09.30 <b>Spinning</b> Lasse
09.30-10.00 <b>Queenax</b> Charlotte / Elisabeth		10.00-10:45 <b>Connect &amp; Correct</b> Charlotte / Elisabeth		09.30-10.00 <b>Yoga</b> Charlotte / Elisabeth
17:00-17:30 <b>Spinning</b> Charlotte / Elisabeth	17.00-18.00 <b>Nybörjar Yoga</b> Ellinor	17.00-17.30 <b>Spinning</b> Charlotte / Elisabeth / Karin	17.00-17.45 <b>Connect &amp; Correct</b> Charlotte / Elisabeth	17.00-17.45 <b>Fredagsfys</b> Charlotte / Elisabeth
17:45-18:30 <b>Kondition Styrka</b> Caroline	17.30-18.15 <b>Core Workout</b> Tanja	17.35-18:05 <b>Queenax</b> Smulan	17.55-18.25 <b>Cirkel</b> Johnny	
		18.00-18.45 <b>Fat Burn</b> Charlotte / Elisabeth	18:00-19:15 <b>Spinn Styrka</b> Malin & Stefan	<b>Söndag</b>
18.15-19.00 <b>Connect &amp; Correct</b> Charlotte / Elisabeth		18.30-19.45 <b>Yoga</b> Lena		17.15-18.00 <b>Full body</b> Mikaela