

# Hälsoprofilen: Vecka 39

Med reservation för ändringar

	Mån	Tis	Ons	Tor	Fre	Lör	Sön
06:00	06:30-07:15 <b>Bodypump 45 min</b> Magdalena L, Stora salen			06:30-07:10 <b>Tabata 40 min</b> Lisa W, Stora salen			
07:00							
08:00							
09:00	09:00-09:40 <b>Senior Cirkel 40 min</b> Rolf H, Stora salen	09:00-09:40 <b>Senior Cirkel 40 min</b> Rolf H, Stora salen	09:00-09:40 <b>Cirkel - Totalbody 40 min</b> Magdalena L, Stora salen	09:15-09:55 <b>Senior Cirkel 40 min</b> Lisa W, Stora salen	09:00-09:35 <b>Senior Gym 35 min</b> Lisa W, Gym	09:00-10:00 <b>Bodypump 60 min</b> Tina N, Stora salen	
					09:10-09:50 <b>Cirkel - Totalbody 40 min</b> Camilla L, Stora salen	09:15-10:00 <b>Spinning 45 min</b> Sofie K, Spinningsal	
					09:40-10:15 <b>Senior Gym 35 min</b> Lisa W, Gym		
10:00							10:00-11:00 <b>Strong by Zumba 60 min</b> Tina S, Stora salen
11:00							
12:00							
13:00							
14:00							
15:00							
16:00		16:50-17:30 <b>Cirkel - Arms &amp; Abs 40 min</b> Andrea N, Stora salen	16:50-17:30 <b>Cirkel - Totalbody 40 min</b> Magdalena L, Stora salen	16:50-17:30 <b>Cirkel - Totalbody 40 min</b> Magdalena L, Stora salen			16:00-16:40 <b>Cirkel - Arms &amp; Abs 40 min</b> Carolina L, Stora salen
							16:50-17:30 <b>Cirkel - Legs &amp; Booty 40 min</b> Carolina L, Stora salen
17:00	17:10-17:40 <b>CxWorx 30 min</b> Andrea N, Stora salen	17:40-18:25 <b>Spinning 45 min</b> Carolina L, Spinningsal	17:40-18:20 <b>Cirkel - Totalbody 40 min</b> Magdalena L, Stora salen	17:40-18:25 <b>Spinning 45 min</b> Carolina L, Spinningsal	17:15-18:00 <b>Spinning 45 min</b> Andrea N, Spinningsal		17:40-18:35 <b>Spinning 45 min</b> Carolina L, Spinningsal
	17:45-18:30 <b>Pumping Iron-Upper Body 45 min</b> Tobias J, Gym	17:40-18:20 <b>Cirkel - Totalbody 40 min</b> Andrea N, Stora salen	17:45-18:30 <b>Pumping Iron-Lower Body 45 min</b> Tobias J, Gym	17:40-18:20 <b>Cirkel - Legs &amp; Booty 40 min</b> Magdalena L, Stora salen			
	17:50-18:20 <b>Grit Strength 30 min</b> Magdalena L, Stora salen						
18:00	18:00-18:45 <b>Spinning 45 min</b> Andrea N, Spinningsal	18:30-19:30 <b>Bodypump 60 min</b> Tina N, Stora salen	18:00-18:45 <b>Spinning 45 min</b> Elisabeth Å, Spinningsal	18:30-19:00 <b>CxWorx 30 min</b> Tina S, Stora salen	18:10-18:40 <b>CxWorx 30 min</b> Andrea N, Stora salen		
	18:30-19:30 <b>Strong by Zumba 60 min</b> Tina S, Stora salen		18:30-19:00 <b>Grit Strength 30 min</b> Magdalena L, Stora salen	18:35-19:20 <b>Spinning 45 min</b> Sofie K, Spinningsal			

	18:45-19:30 <b>Pumping Iron-Lower Body</b> 45 min Lisa W, Gym		18:45-19:00 <b>Pumping Iron-Upper Body</b> 45 min Lisa W, Gym			
19:00	19:00-19:45 <b>Spinning 45 min 90-TALS</b> <b>TEMA!</b> Sofie K, Spinningsal			19:10-20:10 <b>Bodypump 60 min</b> Magdalena L, Stora salen		
20:00		20:00-20:40 <b>Tabata 40 min</b> Jimmy L, Stora salen				