|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **untitled2.pngSommarschema2022 Ungefärligt schema v25-33** | | | | | | |
| **Måndag** | **Tisdag** | **Onsdag** | **Torsdag** | **Fredag** | **Lördag** | **Söndag** |
|  |  |  |  |  |  |  |
|  |  |  | **11.30**  **Hathayoga**  **Martin**  60 min  *Ej vecka 29-31* |  | **10.00 Cykel Linnéa** 30 min  *Ej vecka 26-28* | **10.00 Zumba Linnéa** 45 min  *Ej vecka 26-28* |
|  |  |  |  |  | **10.40 Cirkelträning Linnéa** 45 min | **10.50 Core Linnéa** 30 min  *Ej vecka 26-28* |
|  |  |  |  |  |  |  |
| **17.45**  **MRL/Styrka Therese**  60 min |  |  |  |  |  |  |
| **18.00**  **Cykel**  **Sofia**  45 min *Kl 19 vecka 30-31* | **19.00**  **Zumba Linnéa**  45 min  *Ej vecka 27-28* | **18.00 Tabata/HIIT**  **Dan-Eric**  45 min |  |  |  | **19.00 Yoga  Kristin** 60 min  *Ej vecka 29-32* |
| **19.00**  **Yinyoga  Lillemor**  75 min  *Ej vecka 30-31* | **19:00 Cykel**  **Dan-Eric**  45 min | **19.00 MRL/Styrka**  **Linnéa**  60 min |  |  |  |  |
|  | **20.00**  **Hathayoga**  **Martin**  75 min  *Ej vecka 29-31* |  |  |  |  |  |