

Gruppetimeplan

Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag		Søndag	
Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance
	11:00 - 12:30 Barnepass (Oppe)				11:00 - 12:30 Barnepass (oppe)				11:00-12:30 Barnepass (oppe)	10:00-11:00 Spinning Christine			09:00 - 09:45 Knetterulling Øystein
18:30-19:25 Spinning Kari	18:30-19:15 BootCamp Truls	19:00-20:00 Tabata Blanca	19:00-20:00 Kettlebell Trude	18:20-18:50 HIIT Svein Erik		18:30-19:25 Spinning Blanca							
19:30-20:00 Styrke Kari					19:00-20:00 Kampsport Eli	19:30-20:15 Fitnessball Blanca		19:00-20:00 MMA/submission wrestling Øystein/Sebastian					19:00-20:00 MMA/submission wrestling Øystein/Sebastian
20:05-21:05 Mindfull Strech Kari					20:05-21:05 Yoga Eli		19:45-20:30 BootCamp Truls						