Gruppetimeplan

Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag		Søndag	
Hovedsal	**Performance**	**Hovedsal**	**Performance**	**Hovedsal**	**Performance**	**Hovedsal**	**Performance**	**Hovedsal**	**Performance**	**Hovedsal**	**Performance**	**Hovedsal**	**Performance**
										10:00-11:00 **Spinning** Christine	10:00-10:45 **Knøtterulling** Øystein		
	11:00 - 12:30 **Barnepass** (Oppe)				11:00 - 12:30 **Barnepass** (oppe)				11:00-12:30 **Barnepass** (oppe)				
18:00-18:55 **Spinning** Kari		19:00-20:00 **Tabata** Blanca	18:45-19:45 **Kettlebell**			18:30-19:25 **Spinning** Blanca	19:00-19:45 **BootCamp** Truls						
19:00-19:30 **Styrke** Kari	19:00-19:45 **BootCamp** Truls		20:00-21:00 **Kickboksing** Mirza	19:10-19:55 **HIIT** Svein Erik		1930-20:15 **Fitnessball** Blanca	20:00-21:00 **Kickboksing** Mirza		19:00-20:00 **MMA/Wrestling** Øystein/Sebastian				
19:35-20:35 **Mindfull Strech** Kari	20:00-21:00 **MMA/Wrestling** Øystein/Sebastian				20:00-21:00 **Yoga** Eli								