

## Gruppetimeplan

Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag		Søndag	
Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance
18:00-19:00 Spinning Christine	18:00-19:00 Jiu Jitsu	18:15-18:55 Spinning Blanca	18:45-19:45 Mat Pilates Ayse	18:45-19:45 Metcon/Cardio Ayse	19:00-19:45 BodyPower Catharina	19:00-19:45 BodyPower Catharina	19:00-20:00 Spinning Blanca	18:00-19:00 Crosstraning Espen	18:00-19:00 Jiu Jitsu				
	19:00-20:00 BootCamp Sebastian	19:00-20:00 Tabata Blanca	19:45-20:45 Funcinal Body Ayse	19:45-20:05 Mobility Ayse	20:00-21:15 Yoga Eli	20:00-21:00 Bootymove Martine							