

# Gruppetimer

Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag	
Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance
08:45-09:30 <b>Styrke</b> Ayse (oppstart 6 mars)		08:45-09:30 <b>Styrke: Full Kropp</b> Ayse									
09:30-09:50 <b>Stretching &amp; Mobility</b> Ayse		09:30-09:50 <b>Stretching &amp; Mobility</b> Ayse	10:00-10:45 <b>Lavterskeltrening</b> Ayse								09:00-10:30 <b>Åpen matte</b> Jiu Jitsu Christian
18:00-19:00 <b>Spinning</b> Christine	17:20-18:50 <b>Jiu Jitsu</b> Christian		18:00-19:00 <b>Spinning</b> Bianca	18:00-19:00 <b>Spinning</b> Christine	17:20-18:50 <b>No-Gi Jiu Jitsu</b> Christian		18:05-19:05 <b>BodyPower</b> Catharina		17:20-18:50 <b>Jiu Jitsu</b> Christian		
19:00-19:45 <b>Styrke: Overkropp &amp; Mage</b> Ayse	19:05-20:05 <b>Bootcamp</b> Sebastian	19:00-20:00 <b>Mat Pilates</b> Ayse		19:00-19:45 <b>FatBurn</b> Ayse		19:00-20:00 <b>Bootymove</b> Martine					
				19:45-20:10 <b>Stretching &amp; Mobility</b> Ayse							

**ORANGE**  
**STUDIO.**