

Gruppetimer

| Mandag | | Tirsdag | | Onsdag | | Torsdag | | Fredag | |
|--|---|--|---|---|--|----------|---|----------|--|
| Hovedsal | Performance | Hovedsal | Performance | Hovedsal | Performance | Hovedsal | Performance | Hovedsal | Performance |
| | 09:00-09:45 Sirkel Trening Ayse | 08:45-09:30 Styrke: Full Kropp Ayse | | | | | 08:45-09:30 Sirkel Trening Ayse | | |
| | 09:45-10:05 Stretching & Mobility Ayse | 09:30-09:50 Stretching & Mobility Ayse | 10:00-11:00 Lavterskeltrening Ayse | | | | 09:30-09:50 Stretching & Mobility Ayse | | |
| | | | | | 16:15-17:15 Jiu Jitsu Barn | | 10:00-11:00 Lavterskeltrening Ayse | | |
| 18:00-18:55 Spinning Svein Erik | 17:20-18:50 Jiu Jitsu Christian | 18:00-18:45 Styrke: Overkropp & Mage Ayse | | 18:00-18:55 Spinning Christine | 17:20-18:50 No-Gi Jiu Jitsu Christian | | 18:40-19:00 Six Pack Ayse | | 17:20-18:50 Jiu Jitsu Christian |
| 19:00-20:00 Yoga Miriam | 19:05-20:00 Bootcamp Svein Erik | | 19:00-20:00 Mat Pilates Ayse | 19:00-19:45 FatBurn Ayse | | | 19:00-20:15 Cross Training Emre | | |
| | | | | 19:45-20:10 Stretching & Mobility Ayse | | | | | |

ORANGE
STUDIO.