

# Gruppetimer

Mandag		Tirsdag		Onsdag		Torsdag		Fredag		Lørdag	
Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance
	08:00-09:45 <b>Sirkel Trening</b> Ayse	08:45-09:30 <b>Styrke: Full Kropp</b> Ayse					08:45-09:30 <b>Sirkel Trening</b> Ayse				
	09:45-10:05 <b>Stretching &amp; Mobility</b> Ayse	09:30-09:50 <b>Stretching &amp; Mobility</b> Ayse	10:00-11:00 <b>Lavterskeltrening</b> Ayse				09:30-09:50 <b>Stretching &amp; Mobility</b> Ayse			10:00-11:00 <b>Spinning</b> Christine	
							10:00-11:00 <b>Lavterskeltrening</b> Ayse				
18:30-19:30 <b>Spinning</b> Svein Erik	18:00-19:30 <b>Jiu Jitsu</b> Christian	18:00-18:45 <b>Styrke: Overkropp &amp; Mage</b> Ayse		18:00-18:55 <b>Spinning</b> Christine	18:00-19:30 <b>Jiu Jitsu</b> Christian		18:40-19:00 <b>Six Pack</b> Ayse		17:20-18:50 <b>Jiu Jitsu</b> Christian		
	19:30-20:30 <b>BootCamp</b> Sebastian		19:00-20:00 <b>Mat Pilates</b> Ayse	19:00-19:45 <b>FatBurn</b> Ayse			19:00-20:15 <b>Cross Training</b> Emre				
				19:45-20:10 <b>Stretching &amp; Mobility</b> Ayse			20:15-21:15 <b>Kickboxing</b> Mirza				

**ORANGE**  
**STUDIO.**