

Gruppetimer

Mandag		Tirsdag		Onsdag		Torsdag		Fredag	
Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance	Hovedsal	Performance
	08:45-09:30 Sirkel Trening Ayse			08:30-09:20 Styrke: Full Kropp Ayse			08:45-09:30 Sirkel Trening Ayse		08:45-09:45 Morgen Pilates Ayse
	09:30-09:50 Stretching & Mobility Ayse			09:20-09:40 Stretching & Mobility Ayse			09:30-09:50 Stretching & Mobility Ayse		
	10:00-11:00 Lavterskeltrening Ayse						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 Jiu Jitsu Christian				17:20-18:50 Jiu Jitsu Christian
	19:05-20:25 Cross Training Emre		19:00-20:00 Mat Pilates Ayse	19:00-19:45 FatBurn Ayse		19:00-19:50 Bootymove Martine	19:00-20:20 Cross Training Emre		
				19:45-20:10 Stretching & Mobility Ayse					

ORANGE
STUDIO.