

Askim: 2017

Med reservation för ändringar

	Mån	Tis	Ons	Tor	Fre	Lör	Sön
07:00	07:00-07:40 Spinning Distans Play Askim Spinning		07:00-07:40 Spinning Distans Play Askim Spinning		07:00-07:45 Spinning Distans Askim Therese Lj, Spinning		
09:00		09:30-10:25 Cirkelgym Askim Ninna O, Gym				09:30-10:45 Cirkel spin Askim Fia N, Cirkelgym	
						09:30-12:30 Barnpassning Askim Kristian, Sofia	
10:00	10:00-10:55 Jympa Soft Askim Maud C, Sal 1		10:00-11:10 Jympa Station soft Askim Gert U, Sal 1	10:00-10:55 Cirkelfys soft Askim Lina L, Sal 2	10:00-10:55 Jympa Soft Askim Monica FM, Sal 1	10:00-10:55 Skivstång intervall Askim Jens W, Sal 2	10:30-11:10 Spinning Distans Play Askim Spinning
						10:00-10:55 Familjeympa Askim Elin R, Sal 1	
11:00	11:30-12:25 Jympa Bas Askim Ninna O, Sal 1			11:30-12:25 Jympa Bas Askim Kent C, Sal 1	11:30-12:25 Cirkelgym Askim Gunilla B, Cirkelgym	11:00-11:55 Jympa Medel Askim Catharina B, Sal 1	
12:00		12:00-12:40 Spinning Spurt Play Askim Spinning	12:00-12:55 Spinning Distans puls Askim Gunilla Be, Spinning	12:00-12:40 Spinning Spurt Play Askim Spinning			
16:00							16:15-17:10 Cirkelgym X Askim Staffan L, Cirkelgym
17:00	17:00-17:55 Instruktion Askim Staffan L, Gym	17:45-18:40 Skivstång soft Askim Viktoria R, Sal 2	17:00-20:00 Barnpassning Askim Cassandra				17:15-18:10 Spinning Intervall puls Askim Lotta J, Spinning
	17:00-20:00 Barnpassning Askim Esther		17:30-18:25 Cirkelgym Askim Gunilla Be, Cirkelgym				17:30-18:25 Jympa Medel Askim Sofia H, Sal 1
	17:30-18:25 Step Askim Michael K		17:30-18:25 Instruktion Askim Olle P, Gym				
	17:45-18:40 Spinning Intervall puls Askim Mikael N, Spinning						

18:00	18:00-19:00 Träna ute Cross Askim Carola PM, Ute	18:00-18:55 Instruktion Askim Jarmo V, Gym	18:15-19:10 Spinning Distans Puls Askim Christos A, Spinning	18:00-18:55 Spinning Distans puls Askim Rickard No, Spinning			18:30-19:25 Yoga Askim Martin G, Sal 2
	18:00-18:55 Jympa Bas Askim Kent C, Sal 1	18:30-19:25 Jympa Medel Askim Ingrid B-J, Sal 1	18:15-19:10 Intervall flex Askim Carola PM, Sal 2	18:00-18:55 Cirkelfys Askim Lina L, Sal 2			
	18:15-19:10 Cirkelgym Askim Staffan L, Cirkelgym	18:45-19:40 Flex soft Askim Ann-Sofie W, Sal 2	18:30-19:25 Inspiration med tränare Askim Olle P, Gym	18:45-19:40 Core Askim Anna St, Sal 1			
	18:30-19:55 Skiv spin Askim Elinor L-A						
19:00	19:15-20:10 Flex Askim Therese Lj, Sal 2	19:00-19:55 Instruktion Askim Jarmo V, Gym	19:30-20:25 Gym Intro Askim Olle P, Gym				
		19:40-20:35 Cirkelfys Askim Carolina B, Sal 2					