

Askim: 2017

Med reservation för ändringar

	Mån	Tis	Ons	Tor	Fre	Lör	Sön
07:00					07:00-07:45 Spinning distans Askim Ann-Sofie J, Spinning		
09:00		09:30-10:25 Cirkelgym Askim Ninna O, Cirkelgym			09:00-09:55 Cirkelgym Askim Mats B, Cirkelgym	09:30-12:30 Barnpassning Askim Kristian, Sofia	
						09:30-10:25 Jympa medel Askim Ingrid B-J, Sal 1	
						09:30-10:10 Cirkelgym Askim Fia N, Cirkelgym	
10:00	10:00-10:55 Jympa soft Askim Maud C, Sal 1		10:00-10:55 Jympa station soft Askim Gert U, Sal 1	10:00-10:55 Cirkelfys soft Askim Lina L, Sal 1	10:00-10:55 Dans soft Askim Ankie P, Sal 1	10:00-11:10 Skivstång intervall Askim Jens W, Sal 2	
						10:15-10:55 Spinning Spurt Askim Fia N, Spinning	
						10:30-11:20 Familjeympa Askim Elin R, Sal 1	
11:00	11:30-12:25 Jympa puls bas Askim Elisabeth S, Sal 1			11:30-12:25 Jympa bas Askim Ninna O, Sal 1	11:30-12:25 Cirkelgym Askim Gunilla Be, Cirkelgym		
12:00			12:00-12:40 Spinning distans puls Askim Gunilla Be, Spinning				
17:00	17:00-17:55 Instruktion Askim Staffan L, Gym	17:30-18:25 Core Askim Marika H-I, Sal 2	17:00-20:00 Barnpassning Askim Cassandra	17:30-18:25 Spinning distans puls Askim Rickard No, Spinning	17:00-17:55 Jympa medel Askim Emelie W, Sal 1		17:00-17:55 Dans fuego Askim Barbro M, Sal 1
	17:00-20:00 Barnpassning Askim Esther	17:45-18:25 Spinning distans Askim Gunilla Be	17:30-18:25 Instruktion Askim Olle P, Gym				17:15-18:10 Spinning intervall puls Askim Lena K, Spinning
	17:30-18:40 Step styrka Askim Sofia A, Sal 2		17:30-18:25 Cirkelgym Askim Gunilla Be, Cirkelgym				17:30-18:25 Power Hour Askim Carola PM, Sal 2

	17:45-18:40 Spinning intervall puls Askim Mikael N, Spinning		17:45-18:40 Power Hour Askim Christos A, Sal 1			
18:00	18:00-18:55 Jympa bas Askim Josefine T, Sal 1	18:00-18:55 Jympa medel Askim Katarina M, Sal 1	18:15-19:10 Spinning distans Askim Sofie O, Spinning	18:00-18:55 Cirkelfys Askim Lina L, Sal 2		18:00-18:55 Jympa medel Askim Johanna S, Sal 1
	18:00-18:55 Träna ute Cross Askim AnnCatrin R, Ute	18:30-19:00 Flex Askim Therese Lj, Sal 2	18:15-19:10 Intervall flex Askim Marika H-I, Carola PM, Sal 2			18:30-19:25 Yoga Askim Martin G, Sal 2
	18:15-19:10 Cirkelgym Askim Staffan L, Cirkelgym	18:30-19:40 Spinning intervall puls Askim Christos A, Spinning	18:30-19:25 Inspiration med tränare Askim Olle P, Gym			
	18:45-19:25 Skivstång Askim Elinor L-A, Sal 2		18:45-19:40 Jympa bas Askim Kent C, Sal 1			
19:00	19:00-19:55 Jympa medel Askim Jenny S, Sal 1	19:15-20:10 Cirkelfys Askim Carolina B, Sal 2	19:15-20:10 Skivstång Askim Barbro M, Sal 2	19:00-19:55 Jympa medel Askim Lotta W, Sal 1		
	19:30-20:10 Spinning Askim Elinor L-A, Spinning			19:00-19:55 Flex Askim Therese Lj, Sal 2		