

GÄLLER
fr.o.m.
9 januari
2017

STUREBADET GRUPPTRÄNING

STUDIO

| TID | MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|-------|---------------|---------------------|-------------------|---------------|---------------|----------|---------------------|
| 07.00 | Cardio Toning | | Bootcamp (8.00) | Zumba | | | |
| 10.00 | Total Toning | Gymping | Total Toning | Gymping | Zumba | Bodypump | |
| 11.00 | Aerobic | Cardio Toning Light | Dance Inspiration | Salsa Aerobic | Cardio Toning | | Salsa Aerobic Dance |
| 12.00 | Bootcamp | Aerobic Dance | Bootcamp | Bootcamp | Bootcamp | Zumba | |
| 13.00 | Gymping | Booty 25 Core 25 | | | Gymping | | Barre Move (45) |
| 14.00 | | | | | | Bootcamp | |
| 16.30 | Gymping | | | | | | Gymping (15.00) |
| 17.00 | | | | | | | Bodypump |
| 17.30 | Zumba | Total Toning | Bodypump | Total Toning | Bodypump | | |
| 18.30 | Bodypump | Cardio Toning | Barre Move (45) | Bootcamp | | | |
| 19.30 | Bootcamp | Lootus Dance-Fusion | FightClub | | | | |

BODY & MINDSAL

| TID | MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|-------|-----------------------|-----------------|-----------------------|-----------------|-----------------------|-----------------------|-----------------|
| 07.00 | | HathaYoga Flow | | Hatha Yoga | Pilates 2 | | |
| 10.00 | Pilates 1 | Stretch & Relax | Pilates 1 | Pilates 1 | Core 25 Stretch 25 | | |
| 11.00 | | | | | | Mindful Relax (45) | |
| 12.00 | Core 25 Stretch 25 | Pilates 2 | Ashtanga 1 | Pilates 2 | Ashtanga 1 | | Stretch & Relax |
| 13.00 | | | | | | Core 25 Stretch 25 | |
| 14.00 | HathaYoga Flow | Qigong | | Qigong | Stretch & Relax | | Pilates 1 |
| 15.00 | | | | | | Ashtanga 2 (90) | |
| 16.00 | | | | | HathaVinyasa (16.30) | | Ashtanga 1 |
| 17.30 | | Pilates 1 | | Ashtanga 2 (90) | | | |
| 18.30 | Pilates 2 | Hatha Vinyasa | Core 25 Stretch 25 | | | | |

BASSÄNG

| TID | MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|-------|----------------|----------------|---------|----------------|---------|--------|----------------|
| 07.00 | Aqua Bootcamp | | Classic | | Speedo | | |
| 10.00 | Speedo | | Speedo | | Speedo | | Speedo |
| 11.00 | Vatten Gymping | Vatten Gymping | Classic | Vatten Gymping | Classic | | Vatten Gymping |
| 17.30 | Classic | | | | | | |
| 18.30 | | | Speedo | | | | |

Studio och Body- & Mindklasser är 55 minuter. Bassängklasser är 45 minuter.