

# UTOPIA v 3-15

Måndag	Tisdag	Onsdag	Torsdag
06:45 Cycling 45 min	06:45 Cardiofusion Cycling 25 min	06:45 Somamove 45 min	06:45 Cycling 45 min
11:30 Bodybalance 55 min	06:45 Cardiofusion Walking 25 min	11:30 Bodypump 60 min	09:30 Senior Move 40 min
11:30 Cycling 25 min	07:15 Mage & Rygg 30 min	11:45 X-training 45 min	10:10 Senior Yoga 30 min
12:00 Leg Challenge 30 min	09:30 Senior Move 30 min	12:00 Cycling 45 min	11:15 Step Styrka 45 min
16:30 X-training 25 min	10:00 Senior Styrka 30 min	16:30 Boll & Balans 30 min	11:30 Cycling 25 min
17:00 Somamove 45 min	11:30 Cycling 25 min	16:45 Walking 45 min	12:00 Mage & Rygg 30 min
17:00 Boll & Balans 30 min	12:00 X-training 25 min	17:05 Leg Challenge 30 min	16:30 X-training 25 min
17:15 Cardiofusion Cycling 45 min	12:00 Shape Up 30 min	17:10 Step Styrka 45 min	16:30 Yoga Mjuk 55 min
17:15 Cardiofusion Walking 45 min	16:15 Bodypump 60 min	17:45 Cycling 45 min	17:00 Cycling 25 min
17:40 Bodypump 60 min	16:20 Bodybalance 55 min	18:00 X-training 45 min	17:30 Cycling 55 min
18:00 Yoga Flow 55 min	17:10 Walking 45 min	18:10 Bodybalance 55 min	17:30 Shape Up 30 min
18:10 Cycling 55 min	17:20 Puls & Styrka 45 min		17:30 Somamove 45 min
18:45 Step n´ Cardio 55 min	17:20 Sh´bam 45 min		18:00 Step n´ Cardio 45 min
19:00 Boxfys 55 min	18:00 Cycling 45 min		18:30 Bodybalance 55 min
19:15 Walking 25 min	18:10 Mage & Rygg 30 min		18:50 Bodypump 60 min
19:45 Mage & Rygg 30 min	18:45 Leg Challenge 30 min		
Fredag	Lördag	Söndag	
06:30 Cardiofusion Cycling 25 min	09:15 Cardiofusion Cycling 45 min	09:30 Cycling 45 min	
06:30 Cardiofusion Walking 25 min	09:15 Cardiofusion Walking 45 min	16:30 Bodypump 60 min	
07:00 Mage & Rygg 30 min	09:30 Step Styrka 45 min	17:00 Cycling 55 min	
07:30 Yoga Flow 55 min	10:10 Bodypump 60 min	17:10 Good Vibes 45 min	
11:15 Cardiofusion Cycling 45 min		17:45 X-training 45 min	
11:15 Cardiofusion Walking 45 min		18:00 Yoga Flow 70 min	
11:30 X-training 45 min			
12:00 Step 25 min			
12:30 Mage & Rygg 30 min			
16:00 Puls & Styrka 45 min			
16:30 X-training 45 min			
16:45 Cycling 45 min			

Med reservation för ändringar

# MARIEHEM v 3-15

## Måndag

12:00 Gymfloor Styrka 30 min  
16:45 Yoga Flow 55 min  
17:45 Cykel Watt 45 min  
17:45 Puls & Styrka 45 min  
18:30 Leg Challenge 30 min  
18:35 Cycling 25 min  
19:00 Mage & Rygg 30 min

## Onsdag

17:00 Boxfys 55 min  
18:00 Good Vibes 45 min  
18:30 Cycling 25 min  
19:00 Bodypump 60 min  
19:00 Cykel Watt 45 min

## Fredag

07:00 Cycling 45 min  
11:30 Bodypump 60 min  
16:00 Yoga 55 min  
17:00 Boxfys 55 min  
17:00 Cykel Watt 45 min

## Söndag

09:00 Cykel Watt 45 min  
17:10 Cykel Watt 45 min  
18:00 Bodypump 60 min

## Tisdag

17:30 Cycling 25 min  
17:30 Step 25 min  
18:00 Cykel Watt 45 min  
18:00 Mage & Rygg 30 min  
18:50 Bodypump 60 min  
19:30 Gymfloor Styrka **start 5/2**

## Torsdag

06:30 Yoga Flow 55 min  
17:10 Bodypump 60 min  
17:20 Cycling 45 min  
18:10 Cycling 25 min  
18:15 Good Vibes 25 min  
18:40 Boll & Balans 30 min

## Lördag

08:30 Gymfloor Styrka 45 min  
09:15 Gymfloor Styrka 45 min  
10:00 Cycling 45 min  
10:15 Puls & Styrka 45 min

# NAVET v 3-15

## Måndag

15:00 Aqua Cirkel 45 min

## Tisdag

10:00 Mamma-Baby 45 min  
17:00 Aqua Power 30 min

## Torsdag

10:00 Mamma-Baby 45 min  
12:00 Aqua 45 min

## Fredag

15:00 Aqua 45 min

## Lördag

10:15 USM kids 45 min