

### Måndag

06:45 Cycling 45 min  
11:15 Cycling 25 min  
11:30 Bodybalance 45 min  
11:30 USM Outdoor 45 min  
11:45 Leg Challenge 30 min  
16:15 Cycling 25 min  
16:45 Boll & Balans 30 min  
16:45 X-training 25 min  
17:15 Cardiofusion 45 min  
17:20 Bodypump 60 min  
17:20 Somamove 45 min  
18:10 Cycling 45 min  
18:15 Yoga Slow 55 min  
18:30 Step n' Cardio 55 min  
19:00 Cardio Stride 25 min  
19:30 Mage & Rygg 30 min

### Tisdag

06:45 Cardiofusion 25 min  
07:15 Mage & Rygg 30 min  
11:30 Cycling 25 min  
12:00 Shape Up 30 min  
12:00 X-training 25 min  
16:15 Bodypump 60 min  
16:30 Bodybalance 45 min  
16:45 Cycling 45 min  
17:20 Power Step 45 min  
18:00 Leg Challenge 30 min  
18:15 Sh'bam 45 min  
18:30 Cycling 25 min  
18:40 X-training 45 min  
19:05 Mage & Rygg 30 min

### Onsdag

06:45 Somamove 45 min  
09:30 Senior Outdoor 45 min  
11:30 Bodypump 45 min  
11:45 X-training 45 min  
17:00 Cardio Stride 25 min  
17:10 Power Step 45 min  
17:30 Cycling 45 min  
17:30 Leg Challenge 30 min  
18:00 Bodybalance 45 min  
18:30 X-training 45 min  
19:00 Yoga Yin 55 min

### Torsdag

06:30 Cycling 45 min  
06:45 X-training 45 min  
10:00 Yoga Slow 45 min  
11:15 Power Step 45 min  
11:30 Cycling 25 min  
12:00 Mage & Rygg 30 min  
12:00 Leg Challenge 30 min  
16:30 Cycling 25 min  
17:00 X-training 25 min  
17:00 Shape Up 30 min  
17:00 Cycling 55 min  
17:40 Power Move 45 min  
18:10 Bodybalance 45 min  
18:40 Bodypump 45 min

### Fredag

06:30 Cycling 25 min  
07:00 Mage & Rygg 30 min  
07:30 Yoga Flow 55 min  
11:15 Cardiofusion 45 min  
11:30 USM Outdoor 45 min  
12:00 Step 25 min  
12:30 Mage & Rygg 30 min  
16:30 X-training 45 min  
16:45 Cycling 45 min

### Lördag

09:15 Cardiofusion 45 min  
09:20 Step Styrka 45 min  
10:10 Bodypump 60 min

### Söndag

10:00 Cycling 45 min  
16:15 Bodypump 60 min  
17:40 X-training 45 min  
18:00 Yoga Flow 70 min

### Gruppträningschem USM i UTOPIA

Start v.36

Vi reserverar oss för eventuella ändringar i schemat.

I appen eller på vår webb kan du se klasser

7 dagar i förväg.