

USM I UTOPIA

Måndag

06:45 Cykel 45 min
11:15 Cykel 25 min
11:30 Bodybalance 45 min
11:45 Shape Up 30 min
16:00 Cykel 25 min
16:30 Boll & Balans 30 min
16:30 X-training 25 min
17:10 Somamove 45 min
17:15 Bodypump 60 min
17:15 Cykel 45 min
18:10 Yoga Slow 55 min
18:10 VO2 30 min
18:20 Step n´ Cardio 55 min
18:50 Cykel 25 min
19:20 Core Challenge 30 min

Fredag

06:45 Cykel 45 min
07:30 Yoga Flow 55 min
09:30 Senior Styrka 40 min
11:15 Cykel 45 min
11:30 X-training 45 min
12:00 Step 25 min
12:30 Core Challenge 30 min
16:00 Bodypump 45 min
16:30 Cykel 45 min
16:40 X-training 45 min

Tisdag

06:45 Cykel 25 min
07:15 Core Challenge 30 min
09:30 Senior Styrka 40 min
10:15 Yoga Slow 45 min
11:30 Cykel 25 min
11:30 Step 25 min
12:00 X-training 25 min
12:00 Shape Up 30 min
16:15 Bodypump 60 min
17:00 Cykel 45 min
17:15 Core Challenge 30 min
17:30 Bodybalance 45 min
17:50 VO2 30 min
18:20 Shape Up 30 min
18:20 Sh´bam 45 min
19:00 X-training 45 min
19:10 Strength Development 45 min

Lördag

09:15 Cykel 45 min
09:20 Power Step 45 min
10:15 Bodypump 60 min

Onsdag

06:45 Somamove 45 min
11:15 Cykel 45 min
11:30 Bodypump 45 min
11:45 X-training 45 min
16:30 Power Step 45 min
16:50 Cykel 25 min
17:20 VO2 30 min
17:20 Shape Up 30 min
17:20 Bodybalance 45 min
18:00 Strength Development 45 min
18:10 Cykel 45 min
18:10 X-training 45 min
18:55 Yoga Yin 55 min

Söndag

10:00 Cykel 45 min
16:30 Strength Development 45 min
17:30 X-training 45 min
18:00 Yoga Flow 70 min

Torsdag

06:30 X-training 45 min
06:30 Cykel 25 min
07:00 Shape Up 30 min
09:30 Senior Move 30 min
10:00 Yoga Slow 45 min
11:15 Power Step 45 min
11:30 Cykel 25 min
12:05 Core Challenge 30 min
16:30 Cykel 25 min
16:30 Step 25 min
17:00 Boll & Balans 30 min
17:00 X-training 25 min
17:00 VO2 30 min
17:30 Shape Up 30 min
17:35 Good Vibes / Aerobic
17:40 Cykel 45 min
18:30 Bodybalance 45 min
18:45 Bodypump 45 min

med reservation för ändringar

