

	MÅNDAG			TISDAG			ONSDAG			TORSDAG			FREDAG		LÖRDAG		SÖNDAG		
7:00	7:00 MORGON- PILATES SHEANA						7:00 MORGON- PILATES EMMA						7:00 MORGON- PILATES EMMA						
8:00																			
9:00														09:00 MATWORK NADIA / ASTRID	09:00 REFORMER EMMA				
10:00	10:00 REFORMER MATILDA			10:00 REFORMER BELINDA			10:00 MATWORK SARA			10:00 REFORMER MATILDA			10:00 MATWORK EMMA		10:00 TEKNIK REFORMER RÖTERANDE	10:00 GARUDA CECILIA		10:00 REFORMER KAROLIN	10:00 GRAVID PILATES CAROLINE / BEATE
11:00														11:00 MATWORK RÖTERANDE	11:00 REFORMER NADIA / ASTRID		11:00 REFORMER CAROLINE / BEATE	11:00 MATWORK SHEANA / SUSIE	
12:00	12:00 MATWORK MIX CARITA		12:00 GARUDA CARITA			12:00 REFORMER SHEANA			12:00 BARRE SARA			12:00 REFORMER AMELIE		12:00 REFORMER CECILIA	12:00 BARRE AMELIE		12:00 REFORMER SHEANA / SUSIE	12:00 BARRE KRISTINA K	12:00 MATWORK KAROLIN
14:00																			
15:00																	15:00 GARUDA KRISTINA K		
16:30	16:30 REFORMER CARITA	16:30 MYO- FASCIAL CECILIA		16:30 MATWORK CAROLINE			16:30 REFORMER HELENA H	16:30 FELDENKR ANNA- MARIA		16:30 MEDICINSK TRÄNING CARITA			16:30 MATWORK KRISTINA K						
17:30	17:30 MATWORK SARA	17:30 REFORMER HELENA H	17:30 BARRE AMELIE	17:30 MATWORK SUSANNE	17:30 REFORMER CECILIA	17:30 GARUDA AMELIE	17:30 MATWORK HELENA H	17:30 REFORMER SARA	17:30 BARRE SUSANNE	17:30 MATWORK BEATE	17:30 REFORMER SUSANNE	17:30 GARUDA CARITA	17:30 REFORMER ÅSA	17:30 BARRE KRISTINA K					
18:30	18:30 MATWORK HELENA H	18:30 REFORMER LENA		18:30 MATWORK ANASTASI A	18:30 REFORMER AMELIE	18:30 BARRE CAROLINE	18:30 MATWORK ÅSA	18:30 REFORMER SUSANNE		18:30 MATWORK ANASTASI A	18:30 REFORMER CAROLINE								
19:30	19:30 TRX / PILATES SARA			19:30 REFORMER ANASTASI A						19:30 BARRE ANASTA SIA									

 PILATES (MATWORK, REFORMER, TRX, GRAVID)

 GARUDA

 BARRE

 FELDENKRAIS, MYOFASCIAL, MEDICINSK

ÖPPNA KLASSER
START 20/8