

	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			8:00 MORGON-PILATES SHEANA							8:00 MORGON-PILATES ETTI										
9:00															09:00 MATWORK NADIA / ASTRID	09:00 REFORMER EMMA				
10:00	10:00 REFORMER MATILDA		10:00 REFORMER ETTI				10:00 MATWORK SARA			10:00 REFORMER MATILDA			10:00 MATWORK EMMA		10:00 TEKNIK REFORMER ROTERANDE	10:00 GARUDA CECILIA				
11:00															11:00 MATWORK ROTERANDE	11:00 REFORMER NADIA / ASTRID		11:00 REFORMER KAROLIN	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 REFORMER SHEANA / SUSIE	12:00 BARRE KRISTINA K	12:00 MATWORK KAROLIN
15:00																		15:00 GARUDA KRISTINA K		
15:30													15:30 MATWORK VERONICA							
16:30	16:30 REFORMER CARITA	16:30 *MYO-FASCIAL CECILIA		16:30 MATWORK ANASTASI A			16:30 REFORMER HELENA H	16:30 FELDENKR ANNA-MARIA		16:30 MEDICINSK TRÄNING CARITA			16:30 MATWORK KRISTINA K	16:30 REFORMER VERONICA						
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 NADIA	18:30 REFORMER AMELIE	18:30 BARRE ANASTASI A	18:30 MATWORK ÅSA	18:30 REFORMER SUSANNE		18:30 MATWORK ANASTASI A	18:30 REFORMER KAROLIN									
19:30	19:30 TRX PILATES SARA			19:30 REFORMER ANASTASI A																

PILATES (MATWORK, REFORMER, TRX, GRAVID)
 GARUDA
 BARRE
 FELDENKRAIS, MYOFASCIAL, MEDICINSK GRUPPTRÄNING

ÖPPNA KLASSER
START 7/1
 *START 4/2 2019