

Utopia

Måndag

06:45 Cykel 45 min
11:00 Senior Styrka & Puls 40 min
11:30 Cykel 25 min
11:30 Bodybalance 45 min
12:00 Shape Up 30 min
16:00 Cykel 25 min
16:30 X-training Express 25 min
16:30 Boll & Balans 30 min
17:00 Somamove 45 min
17:10 Bodypump 60 min
17:15 Cykel 45 min
17:50 Yoga Slow 45 min
18:10 VO2 30 min
18:20 Step n´ Cardio 55 min
18:45 Les Mills Grit Strength 30 min
19:20 Les Mills Core 30 min

Torsdag

06:30 X-training 45 min
09:30 Senior Styrka & Puls 30 min
10:00 Yoga Slow 45 min
11:15 Power Step 45 min
11:35 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 VO2 30 min
17:00 X-training Express 25 min
17:40 Good Vibes 45 min
17:40 Shape Up 30 min
17:40 Cykel 45 min
18:30 Bodypump 45 min
18:40 Bodybalance 45 min
19:20 Les Mills Pilates 45 min

Tisdag

06:45 Cykel 25 min
07:15 Core Challenge 30 min
10:15 Yoga Slow 45 min
11:30 Step 25 min
11:30 Cykel 25 min
12:00 Shape Up 30 min
12:00 X-training Express 25 min
16:00 Cykel 45 min
16:10 Bodypump 60 min
17:00 Cykel 45 min
17:15 Core Challenge 30 min
17:15 Bodybalance 45 min
17:50 VO2 30 min
18:10 Les Mills Dance 45 min
18:30 X-training 45 min
19:00 Les Mills Strength Development 45 min

Fredag

06:30 Cykel 45 min
07:20 Yoga Flow 45 min
09:30 Senior Styrka & Puls 40 min
10:30 Studiobokning
10:30 Studiobokning
11:00 Les Mills Strength Development 45 min
11:15 Cykel 45 min
11:40 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

Onsdag

06:45 Somamove 45 min
10:30 Senior Styrka & Puls 40 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 Shape Up 30 min
17:20 VO2 30 min
17:20 Bodybalance 45 min
18:00 Cykel 45 min
18:00 Les Mills Strength Development 45 min
19:00 Yoga Yin 55 min

Lördag

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

Söndag

16:00 Les Mills Functional Strength 45 min
17:15 X-training 45 min
17:30 Yoga Flow 70 min

Vi reserverar oss för eventuella ändringar.