

TIMEPLAN ATHLETICA CENTRUM

MARTIAL
ARTS

AQUA

BODY
& MIND

CARDIO
& MIX

CYCLING

DANCE
& FITNESS

STRENGTH
& CORE

OUTDOOR

TID		TIMETYPE	SAL	INSTRUKTØR
Mandag				
07:00-07:40		Running 4x4	D	Erlend B S
07:00-07:45		Watt Cycling Interval	B	Sofie C
07:55-08:25		Total Core	A	Sofie C
08:15-09:10		Yoga Soft Flow	C	Andrea V
12:00-13:15		Yoga Classic	C	Maud Karin K
14:00-14:55		Pilates	Sal C	Benedikte O-S
15:30-16:00		Interval Running	D	Lise B
16:00-16:45		Step Cardio & Strength	A	Maren K
16:45-17:40		Pilates (EN)	C	Theresa S
17:00-17:45		Watt Cycling 4x4	B	Adrian S
17:00-17:55		Step Basic	A	Tora B
18:00-18:30		Flexible	C	Sofie P
18:00-18:45		BasisBall RAW	A	Anne Cecilie A
18:45-19:40		Cage Challenge	Studio -1	Adrianna Z
19:00-19:55		Athletica HIT	A	Anne Cecilie A
Tirsdag				
07:00-07:45		Watt Cycling Interval	B	Ivar B
07:15-07:45		Hill Repeats	D	Eirik A
08:00-08:30		Flexible	A	Ivar B
08:10-09:05		Pilates	C	Lotte S
11:00-11:55		Yoga & Mindfulness	C	Aleksandra O
14:00-15:15		Yin Yoga	C	Aleksandra O
16:00-16:55		Cardio Challenge	A	Sunniva G
16:20-16:50		Interval Running	D	Adrian S
17:05-17:35		Total Core	A	Adrian S
17:30-18:45		Yoga Soft Flow	C	Mathilde F
18:00-18:45		Strength	A	Christiane S
19:00-19:55		Step Cardio & Strength	A	Christiane S
19:15-20:00		Watt Cycling 4x4	B	Ingjerd B
20:15-20:45		Total Core	A	Ingjerd B
Onsdag				
07:00-07:45		SOMA MOVE	A	Sofie C
08:00-08:30		Interval Running	D	Sofie C
10:30-11:15		Functional Strength	A	Lise B
14:15-15:10		Pilates	C	Benedikte O-S
15:30-16:45		Yin Yoga	C	Larissa L
16:30-17:00		Upper Body	A	Adrianna Z
16:30-17:25		Watt Cycling Interval	B	Lise B
17:00-17:40		Running 4x4	D	Ellen M
17:00-18:15		Yoga Classic	C	Andrea V
17:10-17:40		Total Core	A	Adrianna Z
17:50-18:20		Leg Day	A	Adrianna Z
18:45-19:30		Ultimate Circle	A	Ingjerd B
19:00-20:30		Yoga Flow Advanced (EN)	C	Anthony B
Torsdag				
07:15-08:00		Cycling Interval	B	Eirik A
08:05-09:00		Pilates (EN)	C	Theresa S
09:15-09:45		Interval Running (EN)	D	Theresa S
09:45-11:00		Yoga Soft Flow	C	Maud Karin K
12:00-12:45		Ultimate Circle	A	Hanna W
12:30-13:25		Pilates	C	Benedikte O-S
13:45-14:40		Yoga Flow	C	Lise B
15:00-15:30		Hill Repeats	D	Lise B
16:35-17:05		Leg day	A	Christiane S
17:00-17:55		Cage Challenge	Studio -1	Rustam M
17:15-17:45		Upper Body	A	Christiane S
18:00-18:55		Ultimate Rhythm	A	Christiane S
18:15-19:00		Cycling 4x4	B	Anne Cecilie A
19:00-20:15		Yoga Classic	C	Andrea V
19:15-19:45		Total Core	A	Anne Cecilie A
Fredag				
07:00-07:45		SOMA MOVE	A	Sofie C
07:00-07:45		Watt Cycling 4x4	B	Ivar B
08:00-08:40		Running 4x4	D	Sofie C
08:00-08:30		Total Core	A	Ivar B
10:00-10:55		Cage Challenge	Studio -1	Hanna W
13:30-14:45		Yoga Flow	C	Mila D
16:00-16:45		Watt Cycling Interval	B	Adrian S
16:00-17:15		Yin Yoga	C	Finja R
17:00-17:55		Ultimate Rhythm (EN)	A	Theresa S
Lørdag				
11:15-11:45		Interval Running	D	Maren K/ Adrian S/ Rustam M
11:55-12:25		Total Core	A	Maren K/ Adrian S/ Rustam M
12:35-13:30		Ultimate Circle	A	Maren K/ Adrian S/ Rustam M
Søndag				
13:15-14:30		Yoga Classic	C	Mathilde F / Maud K / Kristin H

Med forbehold om endringer. Book timer og se alltid gjeldende timeplan på sio.no eller i appen.