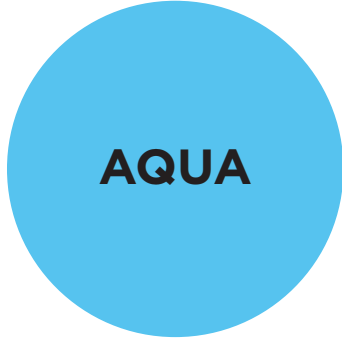


TIMEPLAN ATHLETICA BLINDERN



TID		TIMETYPE	SAL	INSTRUKTØR
Mandag				
08:00-08:45		Functional Strength	Sal 5	Martine R
16:00-16:55		Power Yoga (EN)	Sal 5	Anthony B
16:30-17:15		Cycling 4x4	Sykkel	Aurora G
17:00-17:30		Interval Running	Cardio	Camilla S
17:10-17:50		Dodgeball	Sal 5	Eirik G
17:40-18:10		TRX Total Core	TRX	Camilla S
18:00-18:55		Step It Up	Sal 5	Andreas M
18:10-18:55		Cage Challenge	Studio	Eirik G
Tirsdag				
07:30-08:15		Cycling 4x4	Sykkel	Malene J
10:20-11:00		Interval Running	Cardio	Amalie L. O.
11:10-11:55		Nakke Skuldre	Sal 5	Amalie L. O.
12:15-13:10		Yoga Flow (EN)	Sal 5	Anthony B
15:30-16:25		Pilates (EN)	Sal 5	Daniel P
16:15-17:00		Cycling Interval (EN)	Sykkel	Caspar P
16:35-17:20		TRX Basic (EN)	TRX	Daniel P
17:00-17:55		Zumba	Sal 5	Malin S
18:00-18:30		Flexible	Sal 5	Malin S
Onsdag				
09:00-09:55		Pilates	Sal 5	Lotte S
10:45-11:15		Interval Running	Cardio	Renate
14:30-15:00		Flexible (EN)	Sal 5	Daniel P
15:10-15:55		Athletica Bootcamp	Sal 5	Martine R
15:15-16:00		TRX Basic (EN)	TRX	Daniel P
16:05-16:50		Functional Strength	Sal 5	Martine R
17:00-17:55		Cycling Interval	Sykkel	Amalie L. O.
17:00-17:55		Step Cardio & Strength	Sal 5	Andreas M
18:10-18:40		TRX Total Core	TRX	Amalie L. O.
Torsdag				
07:45-08:30		Functional Strength	Sal 5	Aurora G
11:00-11:45		Cycling 4x4	Sykkel	Amalie L. O.
12:30-13:15		Nakke Skuldre (EN)	Sal 5	Daniel P
13:25-14:20		Pilates (EN)	Sal 5	Daniel P
16:00-16:55		Yoga Flow (EN)	Sal 5	Anthony B
16:20-16:50		Interval Running	Cardio	Martine R
17:05-17:50		Cage Challenge	Studio	Martine R
Fredag				
10:35-11:30		Pilates	Sal 5	Lotte S
14:15-15:00		Ultimate Circle	Sal 5	Eirik G
16:15-16:45		Interval Running	Cardio	Lisa P
16:55-17:25		TRX Total Core	TRX	Lisa P
Lørdag				
11:00-11:40		Interval Running	Cardio	Camilla S, Martine R, Lisa P, Malin
11:55-12:40		Flexible	Sal 5	Camilla S, Martine R, Lisa P, Malin
Søndag				

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