

TIMEPLAN ATHLETICA DOMUS

MARTIAL
ARTS

AQUA

BODY
& MIND

CARDIO
& MIX

CYCLING

DANCE
& FITNESS

STRENGTH
& CORE

OUTDOOR

TID		TIMETYPE	SAL	INSTRUKTØR
Mandag				
07:30-08:15		Cycling Interval	2C	Malene J
08:30-09:00		Interval Running	2C	Malin S.S
09:00-09:55		Cardio & Strength	1D	Marita M.
10:15-11:00		Aqua Fitness	Svømmehall	Marita M.
11:00-11:55		Yoga Flow	2D	Kristin H
16:00-16:55		Pilates	1E	Lotte S
16:45-17:30		TRX Basic	2D	Andreas M
17:00-17:45		Cycling Basic (Interval)	2C	Svein Olav S
18:00-18:45		Functional Strength	1D	Anna S
18:00-18:45		SOMA MOVE	2D	Kristian S. G
18:30-19:30		Ride & Run	2C	Michael K.
19:00-19:45		Step Basic	1D	Anna S
19:00-19:55		Yin Yoga	2D	Kristian S. G
20:00-20:55		Zumba	1D	Jana P
Tirsdag				
08:15-08:45		Interval Running	2C	
09:00-09:45		Functional Strength	1D	Malin S.S
10:15-11:30		Yoga Flow (EN)	2D	Mila D.
17:00-17:45		Flexible	1E	Karine L
17:00-17:45		Functional Strength	1D	Kristine K
18:00-18:55		Ultimate Rhythm	1D	Karine L
18:00-18:45		Cycling Interval	2C	Helene D
19:00-19:30		TRX Total Core	2D	Helene D.
19:10-19:55		Step Basic	1D	Åge W
20:00-20:55		Yoga Flow (EN)	2D	Anthony B
Onsdag				
07:30-08:15		Cycling Interval	2C	Helene D.
09:00-09:45		TRX Basic (EN)	2D	Pepe C
10:00-11:15		Yoga Flow (EN)	2D	Pepe C
16:15-16:45		Flexible	1E	Malin S
16:30-17:30		Ride & Run	2C	Malin S.S
17:00-17:55		Zumba	1D	Malin S
17:00-18:15		Yin Yoga	2D	Henriette B
18:05-19:00		Step it Up	1D	Eva Katrine T
19:15-20:00		Functional Strength	1D	Keerthy
19:15-20:00		SOMA MOVE	2D	Eva Katrine T
19:30-20:15		Cycling 4x4	2C	Karoline K
Torsdag				
08:45-09:40		Yoga Flow	2D	Tobias F
10:15-10:45		Interval Running	2C	Renate S.
11:00-11:30		TRX Total Core	2D	Renate S.
16:00-16:55		Pilates	1E	Lotte S
16:30-17:25		Cycling Interval	2C	Karianne S
17:00-17:55		Step it Up	1D	Andreas M
17:40-18:10		Total Core	2D	Karianne S
18:15-19:00		Functional Strength	1D	Hannes B
18:15-19:10		AfHo	2D	Eva Katrine T
19:25-20:25		Yin Yoga	2D	Eva Katrine T
Fredag				
08:00-09:00		Ride & Run	2C	Charlotte N
09:10-09:40		Total Core	2D	Helene D
10:00-10:45		Aqua Fitness	Svømmehall	Helene D.
10:00-10:55		Cardio & Strength	1D	Kristin H
11:15-12:10		Yoga Flow	2D	Kristin H
14:50-15:45		Pilates	2D	Catherine Y
16:00-16:45		Cycling 4x4	2C	Svein Olav S
16:45-17:40		Step Cardio & Strength	1D	Ellen Y
Lørdag				
09:30-10:25		Cycling Interval	2C	Grace/ Karoline K / Grace / Michael K.
12:00-13:15		Yoga Flow	2D	Grace/ Kristian G. / Grace / Mila D
Søndag				
11:00-11:45		Functional Strength	1D	Marita M/ Kristine K/ Michael K/ Andreas M
12:00-12:55		Ultimate Rhythm	1D	Marita M/ Kristine K/ Malin S/ Andreas M
12:15-12:55		Interval Running	2C	X/ Keerthy / Michael K/ X
13:10-13:55		Flexible	1D	Marita M/ Keerthy / Malin S/ Andreas M

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