

TIMEPLAN ATHLETICA NYDALEN

MARTIAL ARTS

AQUA

BODY & MIND

CARDIO & MIX

CYCLING

DANCE & FITNESS

STRENGTH & CORE

OUTDOOR

TID		TIMETYPE	SAL	INSTRUKTØR
Mandag				
11:00-11:55		Jiu-Jitsu No-GI	Sal 3	Paulo
15:00-16:15		Boxing	Sal 3	Pål S
16:30-17:45		HIT & Strength	Studio	Emir A
16:30-17:45		Jiu-Jitsu GI	Sal 1	Sherjil J.
17:00-18:15		Yoga Flow	Sal 2	Eva Kathrine T
18:00-19:15		Muay Thai Intermediate	Sal 3	Adrian G
18:25-19:20		Dance	Sal 2	Eva Kathrine T
Tirsdag				
16:00-17:15		Jiu-Jitsu No-GI	Sal 1	Maicon
15:00-16:15		MMA	Sal 3	Petter K
16:15-17:30		HIT & Strength	Studio	Lina M
16:30-17:25		Muay Thai Beginners	Sal 3	Andreas D. P
17:45-18:40		Boxing	Sal 3	Andreas D. P
18:00-19:15		Yoga Flow	Sal 2	
Onsdag				
11:00-11:55		Jiu-Jitsu No-GI	Sal 3	Paulo
16:00-16:55		Muay Thai Mixed	Sal 3	Adrian G
17:00-17:55		Ultimate Circle	Sal 2	Emir A
17:10-18:05		Boxing	Sal 3	Pål S
18:15-19:10		Dodgeball	Sal 2	Emir A
18:15-19:30		Brazilian Jiu-Jitsu	Sal 1	Sherjil J.
19:20-20:15		Strength	Sal 2	Kevin L
Torsdag				
16:00-17:15		Jiu-Jitsu No-GI	Sal 3	Maicon
17:30-18:45		Boxing	Sal 3	Hadi S
18:45-19:30		Step Basic	Sal 2	Anna S
17:30-18:25		Yoga Flow	Sal 2	Anthony B
20:00-21:15		Muay Thai	Sal 3	Pål S
Fredag				
15:30-16:45		Yoga Flow	Sal 2	Larissa Lily
16:00-17:15		Boxing intermediate	Sal 3	Andreas D. P
17:00-18:15		Jiu-Jitsu	Sal 1	Sherjil J.
Lørdag				
10:30-11:25		Muay Thai Mixed	Sal 3	Adrian / Andreas
11:30-12:45		Jiu-Jitsu	Sal 1	Matas / Henrik
12:00-12:55		Ultimate Circle	Sal 2	Andreas D. P / Lina M.
Søndag				
11:00-12:15		Yoga Flow	Sal 2	Mila D. / X. Bai
12:30-13:45		Boxing	Sal 3	Andreas D. P / Hadi S

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