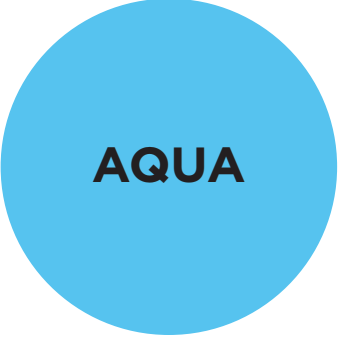


TIMEPLAN ATHLETICA KRINGSJÅ



TID		TIMETYPE	SAL	INSTRUKTØR
Mandag				
06:45-07:30		Strength	1	Pooja B
07:45-08:15		Total Core	1	Pooja B
17:00-17:40		Interval Running	Studio	Heidi M
Tirsdag				
17:30-18:25		Kettlebell	1	Kristian G
18:40-19:25		Foamroll & Flexible	1	Kristian G
19:40-20:55		Yin Yoga	1	Kristian S. G
Onsdag				
06:45-07:25		Interval Running	Studio	Heidi M
17:00-17:30		Total Core	1	Pooja B
17:45-18:30		Flexible	1	Pooja B
Torsdag				
16:30-17:15		Functional Strength	1/ute	Kristian S. G
17:30-18:25		Foamroll & Flexible	1	Kristian S. G
18:40-19:55		Yin Yoga	1	Kristian S. G
Fredag				
Lørdag				
10:30-11:15		Athletica Bootcamp	1	Rullering
11:30-12:15		Functional Strength	1	Rullering
Søndag				
12:00-14:00		Get Out	ute	Rullering

Med forbehold om endringer.
Book timer og se alltid gjeldende timeplan på [sio.no](#) eller i appen.

** Changes may appear. Always check the app or [sio.no/trening](#)*

If you want to book a grup class, there are some rules you must follow.
These are the booking rules in brief:

- * You can book group classes five days in advance, and at the same time as the class starts
- * You can book five group classes within five days, this also includes waiting lists.
- * You can cancel your booking up to three hours before it starts.
- * You are allowed a maximum of three bookings on the same days.
- * You will not receive a booking ban the first time you forget to unsubscribe, but from the second time you will be blocked for 30 days. The ban can be opened manually at the reception by paying NOK 75.

Note: during the period you have a booking ban, you can book group classes at the reception within 60 minutes before the class starts