

TIMEPLAN ATHLETICA VULKAN

MARTIAL ARTS

AQUA

BODY & MIND

CARDIO & MIX

CYCLING

DANCE & FITNESS

STRENGTH & CORE

OUTDOOR

TID		TIMETYPE	SAL	INSTRUKTØR
Mandag				
07:15-08:00		Cycling 4x4	Sal 1 sykkel	Per Einar H A
09:00-09:55		Strength	Sal 3 macro	Sonya M
16:15-17:10		HIT & Strength	Studio	Thea B J
16.30-17.15		Bootcamp	Sal 3 macro	Ridvan A
17:00-17:55		Yoga Flow (EN)	Sal 2 yoga	Michail F
17:15-17:55		Running 4x4	Studio	Dominika
17.30-18.25		Strength	Sal 3 macro	Jonathan O
17:45-18:40		Kettlebell	Sal 4 macro	Karoline K
18.00-19.15		HIT & Strength	Studio	Keerthana B
18:10-19:05		Pilates (EN)	Sal 2 Yoga	Michail F
18.35-19.05		Total Core	Sal 3 macro	Jonathan O
19:15-20:10		Power Yoga (EN)	Sal 2 yoga	Anthony B
Tirsdag				
09:00-09:55		Ultimate Circle	Sal 4 micro	Sonya M
10:00-10:55		Pilates	Sal 2 yoga	Lotte S
16:00-16:55		Pilates (EN)	Sal 2 Yoga	Michail F
17.00-17.45		Tri-erg	Sal 4 micro	Hanne H
17:15-18:10		Cycling Interval	Sal 1 sykkel	Sanna E
18:00-19:15		HIT & Strength	Studio	Keerthana B
18.00-18.55		Athletica Bootcamp	Sal 3 macro	Hanne H
18:15-19:10		Yoga Flow (EN)	Sal 2 yoga	Anthony B
19:00-19:55		Kettlebell	Sal 4 micro	Karoline K
20:00-20:45		Foamroll & Flexible	Sal 4 micro	Karoline K
Onsdag				
07:00-07:55		Cycling Interval	Sal 1 sykkel	Per Einar H A
08:30-09:45		HIT & Strength	Sal 3 macro	Hanne H
16:30-17:45		HIT & Strength	Studio	Hoa V.V
16:30-17:15		Leg Day	Macro 3	Sonya M
17.20-17.50		Total Core	Macro 3	Sonya M
17:30-18:45		Yoga Soft Flow	Sal 2 yoga	Michail F
18:00-18:55		Athletica Bootcamp	Macro 3	Ridvan
18:15-19:00		Tri-erg	Studio	Sigrid J
19.00-19.55		Pilates	Sal 2 Yoga	Michail F
19.15-20.10		Ultimate Rhythm	Macro 3	Sigrid J
Torsdag				
09:00-10:15		HIT & Strength	Studio	Nathalie L
10.00-10.40		Yoga	Sal 2 yoga	
17.00-17.55		Cycling Interval	Sal 1	Hanne H
17:15-18:30		HIT & Strength	Studio	Sigrid J
18:45-19:40		Kettlebell	Sal 4 micro	Sigrid J
18:00-19:30		Kundalini Yoga	Sal 2 yoga	Solveig K
18:15-19:00		Functional Strength	Studio	Hanne H
19.15-20.10		Athletica Bootcamp	Sal 3 macro	Hanne H
Fredag				
07:15-08:00		Tri-erg	Studio	Marius H
08.15-08.55		Running	Studio	Marius H
09:15-10:00		Leg Day	Sal 3 macro	Sonya M
10.05-10.35		Total Core	Sal 3 macro	Sonya M
16:00-17:15		Hit & Strength	Studio	Hoa V.V
16:30-17:15		Functional Strength	Sal 3 macro	Michail F
17:30-18:25		Pilates	Sal 2 yoga	Michail F
Lørdag				
10:00-10:55		Cycling Interval	Sal 1 sykkel	Rullering
11:15-12:10		Strength	Sal 3 macro	Rullering
Søndag				
10:30-11:25		Supersøndag		Rullering
11:40-12:10		Supersøndag		Rullering
12.30-13.45		Supersøndag		Rullering

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