

## Gruppträningsschema på land V. 35-49

|       | Måndag                                      | Tisdag                                | Onsdag      | Torsdag                               | Fredag                                      | Lördag      | Söndag |
|-------|---------------------------------------------|---------------------------------------|-------------|---------------------------------------|---------------------------------------------|-------------|--------|
| 06:00 | 06.30-20.00                                 | 06.30-20.00                           | 06.30-20.00 | 06.30-20.00                           | 06.30-17.45                                 |             |        |
| 07:00 |                                             |                                       |             | MorgonYoga<br>07.00-08.00<br>Yvonne S |                                             |             |        |
| 08:00 |                                             |                                       |             |                                       |                                             |             |        |
| 09:00 | Stationsträning<br>09.00-09.45<br>Alexandra |                                       |             |                                       | Stationsträning<br>09.00-09.45<br>Alexandra | 09.00-14.00 |        |
| 10:00 | Stationsträning<br>09.45-10.30<br>Alexandra |                                       |             |                                       | Stationsträning<br>09.45-10.30<br>Alexandra |             |        |
| 11:00 |                                             |                                       |             |                                       |                                             |             |        |
| 12:00 |                                             |                                       |             |                                       |                                             |             |        |
| 13:00 |                                             |                                       |             |                                       |                                             |             |        |
| 14:00 |                                             |                                       |             |                                       |                                             |             |        |
| 15:00 |                                             |                                       |             |                                       |                                             |             |        |
| 16:00 |                                             |                                       |             |                                       |                                             |             |        |
| 17:00 | SoftYoga<br>17.15-18.15<br>Yvonne S         | HIIT-pass<br>17.00-17.45<br>Alexandra |             |                                       |                                             |             |        |
| 18:00 | YinYoga<br>18.30-19.30<br>Yvonne S          |                                       |             |                                       |                                             |             |        |
| 19:00 |                                             |                                       |             |                                       |                                             |             |        |
| 20:00 |                                             |                                       |             |                                       |                                             |             |        |