

Sydpoolens
LANDPASS

Vecka	Tid	Pass	Instruktör
50			
Mån 13/12	09.30	SeniorSpinning	Calle
	16.30	Spinning	Monica
	17.30	BodyPump	Jessica
	18.30	PowerYoga äventyrbadet	Johanna
	18.30	BodyStep	Salla
	19.30	FYS-pass	Peter
Tis 14/12	06.45	MRL 45 min	Susanne
	16.30	ABS	Kicki
	17.00	Spinning	Kicki
	18.00	Step	Stina
	19.00	Zumba	Yessica
Ons 15/12	20.00	Box	Bernar
	09.30	SeniorSpinning	Calle
	17.00	Spinning	Lotta
	18.00	Latino	Juan
	19.00	BodyPump	Anette
Tor 16/12	17.00	Kombipass ABS+Spinning	Kicki
	18.00	Zumba	Yessica
	19.00	NYHET! BodyAttack	Jessica
Fre 17/12	20.00	Yoga	Anneli
	06.45	Spinning	Marjo
	09.00	SeniorSpinning	Calle
	15.30	Bodypump	Cilla
Lör 18/12	16.30	Spinning	Jessica
	09.15	ABS	Jessica
Sön 19/12	09.45	Spinning	Jessica
	14.00	Latino	Juan
	15.30	BodyPump	Jessica
51	16.30	Spinning	Stina
	17.30	BodyPump	Jessica
	18.30	BodyStep	Salla

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51			
Tis 21/12	16.30	ABS	Kicki
	17.00	JULATRAMP 90min	Kicki
	18.30	JULZUMBA	Yessica
	19.30	BodyAttack	Jessica
Ons 22/12	17.00	Spinning	Lotta
	18.00	Step	Stina
	19.00	BodyPump	Anette
Tor 23/12	15.00	BodyAttack	Jessica
	16.30	JULATRAMP 90min	Kicki
Sön 26/12	11.00	JULSPECIAL SPINNING 75min	Lotta
	14.00	LATINO - GOD JUL	Juan
52			
Mån 27/1	09.30	SeniorSpinning	Calle
	16.30	Spinning	Monica
	17.30	BodyPump	Jessica
	18.30	BodyStep	Salla
	19.30	BodyAttack	Jessica
Tis 28/12	16.30	ABS	Kicki
	17.00	Spinning	Kicki
	18.00	Zumba	Yessica
	19.00	Step Intervall	Stina
Ons 29/12	09.30	SeniorSpinning	Calle
	11.30	BodyPump	Salla
	17.00	Spinning	Lotta
Tor 30/12	18.00	Latino	Juan
	19.00	BodyPump	Anette
	16.30	ABS	Kicki
	17.00	Spinning	Kicki
	18.00	Zumba	Yessica
51	19.00	BodyAttack	Jessica
	20.00	Yoga	Anneli

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52			
Fre 31/12	10.15	ABS	Jessica
	10.45	Spinning	Jessica
	12.00	NYÅRS-ZUMBA	Yessica
Sön 2/1	15.30	BodyPump	Jessica
	16.30	Spinning	Annica
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Mån 3/1	09.30	SeniorSpinning	Calle
	16.30	Spinning	Monica
	17.30	BodyPump	Jessica
	18.30	Kombipass	Salla
	19.30	BodyAttack	Jessica
Tis 4/1	16.30	ABS	Kicki
	17.00	Spinning	Kicki
	18.00	Step	Stina
Ons 5/1	19.00	Box	Bernar
	09.30	SeniorSpinning	Calle
	11.30	BodyPump	Salla
Tor 6/1	17.00	Spinning	Lotta
	10.30	STEP INTERVALL 75min	Stina
	12.00	Spinning	Kicki
Fre 7/1	13.00	BodyAttack	Jessica
	15.30	BodyPump	Cilla
Lör 8/1	16.30	Spinning	Jessica
	09.15	ABS	Jessica
Sön 9/1	09.45	Spinning	Jessica
	10.00	Yoga	Carina
	15.30	BodyPump	Jessica
52	16.30	Spinning	Monica