

Sydpoolens
LANDPASS

Dag	Tid	Pass	Instruktör
Mån	09.30	Seniorspinning 40 min FaR	Calle
	16.30	Spinning	Monica
	17.30	Afrodans 45 min	Anita
	18.15	Step	Stina
	19.00	NYHET! Yogalates äventyrsbadet	Olli
	19.15	BodyPump	Fredrik
Tis	06.45	MRL 45 min	Susanne
	16.15	Afrodans 45 min	Anita
	17.00	BodyPump	Jessica
	18.00	Spinning	Lotta
	19.00	Pilates	Greer
	20.00	Box	Bernar
Ons	09.30	Seniorspinning 40 min FaR	Calle
	11.30	BodyPump	Salla
	16.30	ABS 30 min	Kicki
	17.00	Spinning	Kicki
	18.00	FYS-pass	Peter
	19.00	BodyPump	Anette
	20.00	Aerobics	Fredrik
Tor	06.45	MRL	Cilla
	16.00	PowerYoga	Johanna
	17.00	Step	Stina
	18.00	Magdans 45 min	Suzan
	19.00	Box	Suzan
	20.00	Spinning	Pierre
Fre	06.45	Spinning	Anna
	10.00	Qigong FaR	Thorborg
	15.30	BodyPump	Jessica
	16.30	Spinning	Kicki
Lör	09.15	ABS 30 min	Jessica
	09.45	Spinning	Jessica
	11.00	BodyPump	Fredrik/Suzan
	12.00	Yoga	Annelie
Sön	11.15	Carinas Yoga 75 min	Carina
	14.00	Latino	Juan
	15.30	BodyPump	Cecilia/Salla
	16.30	Spinning	Annika/Lotta
	18.30	BodyCombat	Suzan