

Vecka 33

| Måndag                                                                                                                                                                                                                                                                                                                                                                     | Tisdag                                                                                                                                                                                                                                                                                                                                                 | Onsdag                                                                                                                                                                                                                                                                                                      | Torsdag                                                                                                                                                                                  | Fredag                                                                                                                                                                                              | Lördag                                                                                                                                                                     | Söndag                                                                                                   |
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| 11/8<br>Jympa soft<br>10-11 Karin<br>Spin<br>12-13 Linda R<br>Spin soft intervall<br>16:45-17:45 Susanne<br>Multifys<br>17-18 Maj<br>Skivstång soft<br>17:15-18:15 Hans<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Anton<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Britta<br>IW soft intervall<br>19-20 Leif<br>Skivstång<br>19:15-20:15 Kristina | 12/8<br>Yoga soft<br>9:30-10:30 Annelie G<br>Spin intervall<br>17-18 Cissi<br>Pass i gymmet:<br>TRX<br>17:30-18:30 Christer<br>IW<br>17:30-18:30 Annelie A<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Emilia<br>Yoga<br>18-19 Shirley<br>Skivstång<br>18:30-19:30 Erik<br>Cirkelgym HIT<br>18:30-19:30 Maj<br>Coreflex soft<br>19-20 Susanne | 13/8<br>Cirkelgym soft<br>9-10 Gunnar<br>Jympa soft<br>10-11 Ulrika M<br>IW soft<br>17:15-18:15 Gunnar<br>Spin<br>17:30-18:30 Pia<br>Jympa<br>18-19 Victoria F<br>Cirkelgym<br>18:30-19:30 Robert<br>Plaza styrka<br>18:30-19:30 Lina S<br>Dans soft<br>18:30-19:30 Maggan<br>UteJympa<br>18:30-19:30 Karin | 14/8<br>Jympa<br>17:30-18:30 Jenny<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Gunnar<br>Spin<br>17:45-18:45 Ulrika L<br>Skivstång<br>18:30-19:30 Pia | 15/8<br>Dans soft<br>9-10 Maggan<br>Jympa soft<br>10-11 Karin<br>IW<br>12-13 Kajsa<br>Skivstång soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin<br>17-18 Hanne<br>Jympa<br>17:15-18:15 Helena | 16/8<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 17/8<br>Skivstång<br>9:30-10:30 Kristina<br>Spin<br>10:30-11:30 Hanne<br>Jympa<br>17:30-18:30 Katarina N |

Vecka 34

|                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                     |                                                                                                                                                                                                                           |                                                                                                                     |                                                                                                                                                                                            |
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| 18/8<br>Jympa soft<br>10-11 Britta<br>Spin<br>12-13 Linda R<br>Spin soft intervall<br>16:45-17:45 Helena<br>Multifys<br>17-18 Maj<br>Skivstång<br>17:15-18:15 Pia<br>Yoga soft<br>17:30-18:30 Elisabeth K<br>Spin<br>17:45-18:45 Jörgen<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Susanne<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Anton<br>IW soft intervall<br>19-20 Leif<br>Skivstång<br>19:15-20:15 Kristina | 19/8<br>Jympa<br>8-9 Maggan<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>Skivstång soft<br>16:30-17:30 Hans<br>Spin intervall watt<br>17-18 Marie R<br>Dans fusion<br>17:30-18:30 Anna N<br>IW<br>17:30-18:30 Annelie A<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Emilia<br>Spin soft intervall<br>18-19 Susanne<br>Löpning soft<br>18-19 Jeanette & Eva<br>Skivstång<br>18:30-19:30 Erik<br>Cirkelgym HIT<br>18:30-19:30 Maj<br>Coreflex soft<br>19-20 Leif | 20/8<br>Cirkelgym soft<br>9-10 Gunnar<br>Jympa soft<br>10-11 Ulrika M<br>IW intervall<br>17:15-18:15 Kajsa<br>Skivstång<br>17:30-18:30 Pia<br>Spin soft<br>17:30-18:30 Axel<br>Jympa<br>18-19 Victoria F<br>Cirkelgym<br>18:30-19:30 Robert<br>Plaza styrka<br>18:30-19:30 Lina S<br>Dans soft<br>18:30-19:30 Maggan<br>UteJympa<br>18:30-19:30 Helena | 21/8<br>Multifys soft<br>10-11 Britta<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Gunnar<br>Spin soft<br>17:45-18:45 Ulrika L<br>Skivstång<br>18:30-19:30 Helena | 22/8<br>Dans soft<br>9-10 Maggan<br>Jympa soft<br>10-11 Karin<br>Plaza soft<br>10-11 Anna J O<br>IW<br>12-13 Kajsa<br>Skivstång soft<br>16-17 Sophia<br>Spin soft intervall<br>17-18 Sophia<br>Jympa<br>17:15-18:15 Jenny | 23/8<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 24/8<br>Skivstång<br>9:30-10:30 Pia<br>Löpning distans<br>10-11:30 Hilda & Anneli O<br>Spin<br>10:30-11:30 Hanne<br>Jympa<br>17:30-18:30 Katarina N<br>Skivstång soft<br>17:30-18:30 Erika |
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Vecka 35

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| 25/8<br>Spin<br>12-13 Anneli W<br>Spin soft intervall<br>16:45-17:45 Susanne<br>Multifys skivstång<br>17:15-18:15 Elisabet D<br>Yoga soft<br>17:30-18:30 Elisabeth K<br>Spin<br>17:45-18:45 Jörgen<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Anton<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Helena<br>IW soft intervall<br>19-20 Leif<br>Skivstång<br>19:15-20:15 Kristina | 26/8<br>Jympa<br>8-9 Maggan<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>Skivstång soft<br>16:30-17:30 Hans<br>Spin intervall watt<br>17-18 Marie R<br>Pass i gymmet:<br>TRX<br>17:30-18:30 Christer<br>Dans fusion<br>17:30-18:30 Anna N<br>IW<br>17:30-18:30 Annelie A<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Emilia<br>Löpning soft<br>18-19 Jeanette & Eva<br>Skivstång<br>18:30-19:30 Erik<br>Cirkelgym HIT<br>18:30-19:30 Maj<br>Coreflex soft<br>19-20 Susanne | 27/8<br>Cirkelgym soft<br>9-10 Gunnar<br>Jympa soft<br>10-11 Ulrika M<br>Spin<br>12-13 Linda R<br>Multifys<br>17-18 Maj<br>IW intervall<br>17:15-18:15 Kajsa<br>Skivstång<br>17:30-18:30 Helena<br>Spin soft<br>17:30-18:30 Axel<br>Jympa<br>18-19 Victoria F<br>Cirkelgym<br>18:30-19:30 Robert<br>Plaza styrka<br>18:30-19:30 Lina S<br>Dans soft<br>18:30-19:30 Maggan<br>UteJympa<br>18:30-19:30 Karin | 28/8<br>Enkeljympa<br>16:30-17:30 Karin<br>Jympa<br>17:30-18:30 Jenny<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Gunnar<br>Spin soft<br>17:45-18:45 Ulrika L<br>Coreflex miniband<br>18:30-19:30 Linda T<br>Skivstång<br>18:30-19:30 Pia | 29/8<br>Dans soft<br>9-10 Maggan<br>Jympa soft<br>10-11 Karin<br>Plaza soft<br>10-11 Anna J O<br>IW<br>12-13 Kajsa<br>Skivstång soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin<br>17-18 Hanne<br>Jympa<br>17:15-18:15 Victoria F | 30/8<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 31/8<br>Löpning distans<br>10-11:30 Hilda & Anneli O<br>Spin<br>10:30-11:30 Hanne<br>Jympa<br>17:30-18:30 Katarina N<br>Skivstång soft<br>17:30-18:30 Erika |
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| Vi behåller<br>våra vanliga<br>öppettider: | KABELGATAN<br>Måndag - Torsdag . . . . . 06:00 - 21:30<br>Fredag . . . . . 06:00 - 21:00<br>Lördag - Söndag . . . . . 08:00 - 21:00 | INNERSTAN<br>Måndag - Söndag . . . . . 04:30 - 23:30*<br><br>*obemannat nyckelgym |
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REVIDERAT 20245-06-03

Vecka 22

| Måndag | Tisdag | Onsdag | Torsdag | Fredag | Lördag | Söndag                                                                                                                                                                                     |
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|        |        |        |         |        |        | 1/6<br>Skivstång<br>9:30-10:30 Pia<br>Löpning Trail<br>10-11:30 Hilda & Anneli O<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Box<br>18:30-19:45 Kambiz |

Vecka 23

|                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                           |                                                                                                                                             |                                                                                                                                                                                                                                       |
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| 2/6<br>Coreflex soft<br>8:30-9:30 Kerstin<br>Jympa soft<br>10-11 Ulrika M<br>Spin<br>12-13 Linda R<br>Multifys<br>17-18 Maj<br>Skivstång<br>17:15-18:15 Helena<br>IW<br>17:30-18:30 Kajsa<br>Yoga soft<br>17:30-18:30 Elisabeth K<br>Spin<br>17:45-18:45 Jörgen<br>Cirkelgym<br>18-19 Cissi<br>Coreflex miniband<br>18-19 Linda T<br>Step Play<br>18:15-19:15<br>UteJympa<br>18:30-19:30 Anton<br>IW soft intervall<br>19-20 Leif | 3/6<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>IW soft intervall<br>12-13 Lena<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Spin intervall watt<br>17-18 Marie R<br>Dans fusion<br>17:30-18:30 Anna N<br>IW<br>17:30-18:30 Annelie A<br>Jympa<br>18-19 Emilia<br>Cirkelgym HIT<br>18-19 Maj<br>Spin soft<br>18-19 Helena<br>Löpning soft<br>18-19 Jeanette & Eva<br>Yoga<br>18-19 Elisabeth K<br>Skivstång<br>18:30-19:30 Erik | 4/6<br>Cirkelgym soft<br>9-10 Gunnar<br>Coreflex soft<br>9-10 Leif<br>IW soft<br>17:15-18:15 Gunnar<br>Spin soft<br>17:30-18:30 Axel<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Victoria F<br>Cirkelgym<br>18:30-19:30 Robert<br>Plaza styrka<br>18:30-19:30 Lina S<br>UteJympa<br>18:30-19:30 Karin | 5/6<br>Jympa soft<br>10-11 Karin<br>Plaza soft<br>10-11 Anna J O<br>Jympa<br>17:30-18:30 Caroline<br>Yoga<br>17:30-18:30 Shirley<br>IW soft<br>17:30-18:30 Gunnar<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>Pass i gymmet:<br>TRX<br>17:30-18:30 Christer<br>Spin<br>17:45-18:45 Pia<br>Löpning: "0-10 km på 11 veckor"<br>18-19:15 Göran & Jeanette<br>Skivstång<br>18:30-19:30 Kristina | 6/6<br>Skivstång 10-11 Terese<br>Cirkelgym "National-dagspass med ABBA-tema"<br>10:30-11:30 Cissi<br>IW<br>12-13 Kajsa<br>IW<br>16:30-17:30 Maj<br>Spin<br>17-18 Hanne<br>Jympa<br>17:15-18:15 Victoria F | 7/6<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne | 8/6<br>Löpning distans<br>10-11:30 Hilda & Anneli O<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Jympa<br>17:30-18:30 Caroline<br>Skivstång soft<br>17:30-18:30 Erika<br>Box<br>18:30-19:45 Kambiz |
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Vecka 24

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| 9/6<br>Coreflex soft<br>8:30-9:30 Kerstin<br>Jympa soft<br>10-11 Ulrika M<br>Spin<br>12-13 Anneli W<br>Spin soft intervall<br>16:45-17:45 Susanne<br>Multifys<br>17-18 Maj<br>Multifys skivstång<br>17:15-18:15 Elisabet D<br>IW<br>17:30-18:30 Amanda<br>Yoga soft<br>17:30-18:30 Elisabeth K<br>Spin<br>17:45-18:45 Jörgen<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Anton<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Helena<br>IW soft Intervall<br>19-20 Leif<br>Coreflex miniband<br>19-20 Linda T<br>Skivstång<br>19:15-20:15 Kristina | 10/6<br>Jympa<br>8-9 Maggan<br>Yoga soft<br>9:30-10:30 Annelie G<br>IW soft intervall<br>12-13 Lena<br>Skivstång<br>16:30-17:30 Ebba<br>Spin intervall watt<br>17-18 Marie R<br>Pass i gymmet:<br>TRX<br>17:30-18:30 Christer<br>Dans fusion<br>17:30-18:30 Anna N<br>IW<br>17:30-18:30 Kajsa<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Emilia<br>Löpning soft<br>18-19 Jeanette & Eva<br>Yoga<br>18-19 Shirley<br>Skivstång<br>18:30-19:30 Erik<br>Cirkelgym HIT<br>18:30-19:30 Maj | 11/6<br>CoreFlex Soft<br>9-10 Leif<br>IW intervall<br>17:15-18:15 Kajsa<br>Skivstång<br>17:30-18:30 Pia<br>Spin soft<br>17:30-18:30 Axel<br>Jympa<br>18-19 Victoria F<br>Cirkelgym<br>18:30-19:30 Robert<br>Plaza styrka<br>18:30-19:30 Lina S<br>UteJympa<br>18:30-19:30 Maggan | 12/6<br>Coreflex soft<br>10-11 Kerstin<br>Skivstång<br>12-13 Pia<br>Yoga<br>17:30-18:30 Shirley<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Annelie A<br>Split Bål<br>17:45-18:15 Terese<br>Spin soft<br>17:45-18:45 Ulrika L<br>Löpning: "0-10 km på 11 veckor"<br>18-19:15 Göran & Eva | 13/6<br>Dans soft<br>9-10 Maggan<br>Plaza soft<br>10-11 Anna J O<br>Spin<br>12-13 Anneli W<br>Skivstång soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin soft Intervall<br>17-18 Sophia<br>Jympa<br>17:15-18:15 Helena | 14/6<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 15/6<br>Löpning distans<br>10-11:30 Hilda<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Jympa<br>17:30-18:30 Caroline<br>Skivstång soft<br>17:30-18:30 Erika<br>Box<br>18:30-19:45 Kambiz |
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Vecka 25

| Måndag                                                                                                                                                                                                                                                                                                                                   | Tisdag                                                                                                                                                                                                                                                                                                                                                                                                                         | Onsdag                                                                                                                                                                                                                                                                                                                                                        | Torsdag                                                                                                                          | Fredag                                                                                                                                            | Lördag                                                               | Söndag                                                                                                                                                    |
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| 16/6<br>Jympa soft<br>10-11 Ulrika M<br>Spin<br>12-13 Anneli W<br>Multifys skivstång<br>17:15-18:15 Thomas<br>IW<br>17:30-18:30 Amanda<br>Yoga soft<br>17:30-18:30 Elisabeth K<br>Spin<br>17:45-18:45 Jörgen<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Susanne<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Anton | 17/6<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>IW soft intervall<br>12-13 Lena<br>Spin intervall watt<br>17-18 Marie R<br>Pass i gymmet:<br>TRX<br>17:30-18:30 Christer<br>IW<br>17:30-18:30 Kajsa<br>Skivstång<br>17:30-18:30 Ebba<br>CirkelgymIW<br>17:45-19:15 Tina<br>Coreflex soft<br>18-19 Leif<br>Yoga<br>18-19 Shirley<br>Skivstång<br>18:30-19:30 Erik<br>Cirkelgym HIT<br>18:30-19:30 Maj | 18/6<br>Cirkelgym soft<br>9-10 Gunnar<br>Multifys soft<br>10-11 Britta<br>Multifys<br>17-18 Maj<br>IW intervall<br>17:15-18:15 Kajsa<br>Spin<br>17:30-18:30 Anneli W<br>SkivstångSpin<br>17:45-19:15 Helena<br>Coreflex miniband<br>18-19 Linda T<br>Plaza styrka<br>18:30-19:30 Lina S<br>Spin40<br>18:30-19:15 Helena<br>UteJympa<br>18:30-19:30 Victoria F | 19/6<br>Jympa soft<br>10-11 Karin<br>Jympa<br>17:30-18:30 Helena<br>Yoga<br>17:30-18:30 Shirley<br>IW soft<br>17:30-18:30 Gunnar | 20/6<br>MIDSOMMARAFTON<br>öppet 7:00-12:00<br>Yinyoga<br>9:30-10:30 Sophia<br>Spin<br>9:30-10:30 Helena<br>PowerPartyPass<br>10-11:30 Maj & Cissi | 21/6<br>MIDSOMMARDAGEN<br>öppet 12:00-17:00<br>Multifys<br>15-16 Maj | 22/6<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Jympa<br>17:30-18:30 Caroline<br>Skivstång soft<br>17:30-18:30 Erika<br>Box<br>18:30-19:45 Kambiz |

Vecka 26

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| 23/6<br>Multifys soft<br>10-11 Britta<br>Spin<br>12-13 Anneli W<br>Spin soft intervall<br>16:45-17:45 Susanne<br>Multifys<br>17-18 Maj<br>Multifys skivstång<br>17:15-18:15 Elisabet D<br>IW<br>17:30-18:30 Amanda<br>Yoga soft<br>17:30-18:30 Elisabeth K<br>Spin<br>17:45-18:45 Jörgen<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Anton<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Helena | 24/6<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>IW soft intervall<br>12-13 Lena<br>Skivstång soft<br>16:30-17:30 Hans<br>Spin intervall watt<br>17-18 Marie R<br>Pass i gymmet:<br>TRX<br>17:30-18:30 Christer<br>IW<br>17:30-18:30 Kajsa<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Emilia<br>Yoga<br>18-19 Shirley<br>Skivstång<br>18:30-19:30 Pia<br>Cirkelgym HIT<br>18:30-19:30 Maj | 25/6<br>Coreflex soft<br>9-10 Leif<br>Cirkelgym soft<br>9-10 Gunnar<br>IW soft<br>17:15-18:15 Gunnar<br>Skivstång<br>17:30-18:30 Ebba<br>Spin<br>17:30-18:30 Anneli W<br>Jympa<br>18-19 Victoria F<br>Cirkelgym<br>18:30-19:30 Robert<br>Plaza styrka<br>18:30-19:30 Lina S<br>UteJympa<br>18:30-19:30 Helena | 26/6<br>Multifys soft<br>10-11 Britta<br>Plaza soft<br>10-11 Anna J O<br>Skivstång soft<br>16:30-17:30 Hans<br>Jympa<br>17:30-18:30 Caroline<br>Yoga<br>17:30-18:30 Shirley<br>IW soft<br>17:30-18:30 Gunnar<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>Spin soft<br>17:45-18:45 Ulrika L<br>Split Bål<br>18:30-19 Terese | 27/6<br>Jympa soft<br>10-11 Karin<br>Spin<br>12-13 Helena<br>Skivstång soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin<br>17-18 Hanne<br>Jympa<br>17:15-18:15 Victoria F | 28/6<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 29/6<br>Skivstång<br>9:30-10:30 Pia<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Jympa<br>17:30-18:30 Caroline<br>Box<br>18:30-19:45 Kambiz |
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Vecka 27

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| 30/6<br>Jympa soft<br>10-11 Britta<br>Spin<br>12-13 Anneli W<br>Spin soft intervall<br>16:45-17:45 Helena<br>Multifys<br>17-18 Maj<br>Multifys skivstång<br>17:15-18:15 Thomas<br>Spin<br>17:45-18:45 Pia<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Susanne<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Anton | 1/7<br>Yoga soft<br>9:30-10:30 Annelie G<br>Multifys soft<br>10-11 Britta<br>IW soft intervall<br>12-13 Lena<br>Spin intervall watt<br>17-18 Marie R<br>Skivstång<br>17:15-18:30 Terese<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Emilia<br>Yoga<br>18-19 Shirley<br>Cirkelgym HIT<br>18:30-19:30 Maj | 2/7<br>Coreflex Soft<br>9-10 Leif<br>Cirkelgym soft<br>9-10 Gunnar<br>Jympa soft<br>10-11 Ulrika M<br>Multifys<br>17-18 Maj<br>IW intervall<br>17:15-18:15 Kajsa<br>Skivstång<br>17:30-18:30 Ebba<br>Spin<br>17:30-18:30 Pia<br>Jympa<br>18-19 Helena<br>Plaza styrka<br>18:30-19:30 Lina S<br>UteJympa<br>18:30-19:30 Karin | 3/7<br>Jympa soft<br>10-11 Karin<br>Skivstång<br>16:30-17:30 Helena<br>Jympa<br>17:30-18:30 Caroline<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Gunnar<br>Spin soft<br>17:45-18:45 Ulrika L<br>Skivstång<br>18:30-19:30 Pia | 4/7<br>Plaza soft<br>10-11 Anna<br>IW<br>12-13 Kajsa<br>Cirkelgym soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin soft intervall<br>17-18 Sophia<br>Jympa<br>17:15-18:15 Susanne | 5/7<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 6/7<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Jympa<br>17:30-18:30 Caroline |
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Vecka 28

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| 7/7<br>Spin<br>12-13 Anneli W<br>Multifys skivstång<br>17:15-18:15 Elisabet D<br>Spin<br>17:45-18:45 Pia<br>Cirkelgym<br>18-19 Cissi<br>Jympa<br>18-19 Susanne<br>Step basic<br>18:15-19:15 Marie M<br>UteJympa<br>18:30-19:30 Karin | 8/7<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>IW soft intervall<br>12-13 Lena<br>Spin intervall<br>17-18 Cissi<br>Skivstång<br>17:30-18:30 Terese<br>CirkelgymIW<br>17:45-19:15 Tina<br>Jympa<br>18-19 Jenny<br>Yoga<br>18-19 Shirley<br>Cirkelgym HIT<br>18:30-19:30 Maj | 9/7<br>Multifys<br>17-18 Catrine<br>IW intervall<br>17:15-18:15 Kajsa<br>Spin<br>17:30-18:30 Anneli W<br>Coreflex soft<br>18-19 Susanne<br>Plaza styrka<br>18:30-19:30 Anna J O<br>UteJympa<br>18:30-19:30 Maggan | 10/7<br>Jympa<br>17:30-18:30 Caroline<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Annelie A<br>Spin soft<br>17:45-18:45 Ulrika L<br>Skivstång<br>18:30-19:30 Pia | 11/7<br>Jympa soft<br>10-11 Britta<br>Plaza soft<br>10-11 Anna J O<br>Skivstång soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin<br>17-18 Hanne<br>Jympa<br>17:15-18:15 Caroline | 12/7<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne<br>Yinyoga<br>16-17:15 Sophia | 13/7<br>Skivstång<br>9:30-10:30 Pia<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D |
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Vecka 29

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| 14/7<br>Jympa soft<br>10-11 Britta<br>Spin intervall<br>16:45-17:45 Hanne<br>Multifys<br>17-18 Catrine<br>IW<br>17:30-18:30 Maj<br>Cirkelgym<br>18-19 Cissi<br>UteJympa<br>18:30-19:30 Victoria F | 15/7<br>Yoga soft<br>9:30-10:30 Annelie G<br>Multifys soft<br>10-11 Britta<br>IW soft intervall<br>12-13 Lena<br>Spin intervall<br>17-18 Cissi<br>Skivstång<br>17:30-18:30 Terese<br>IW<br>17:30-18:30 Annelie A<br>Jympa<br>18-19 Katarina N<br>Yoga<br>18-19 Shirley | 16/7<br>IW intervall<br>17:15-18:15 Elisabet D<br>Jympa<br>18-19 Victoria F<br>Plaza styrka<br>18:30-19:30 Anna J O<br>UteJympa<br>18:30-19:30 Karin | 17/7<br>Jympa soft<br>10-11 Karin<br>Split Bål<br>17-17:30 Catrine<br>IW soft<br>17:30-18:30 Annelie A<br>Split Ben<br>17:30-18 Catrine<br>Split Överkropp<br>18-18:30 Catrine | 18/7<br>Plaza soft<br>10-11 Anna J O<br>Spin<br>17-18 Hanne | 19/7<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Dans flow<br>10-11 Hanne | 20/7<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D |
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Vecka 30

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| 21/7<br>Jympa soft<br>10-11 Britta<br>Spin intervall<br>16:45-17:45 Hanne<br>Multifys<br>17-18 Catrine<br>IW<br>17:30-18:30 Elisabet D<br>Jympa<br>18-19 Victoria F<br>UteJympa<br>18:30-19:30 Karin | 22/7<br>Yoga soft<br>9:30-10:30 Annelie G<br>Jympa soft<br>10-11 Karin<br>IW soft intervall<br>12-13 Lena<br>Multifys skivstång<br>16:30-17:30 Elisabet D<br>Jympa<br>17:30-18:30 Terese<br>IW<br>17:30-18:30 Annelie A<br>Yoga<br>18-19 Shirley | 23/7<br>Jympa soft<br>10-11 Britta<br>Spin<br>12-13 Maj<br>Split Överkropp<br>17-17:30 Catrine<br>Split Ben<br>17:30-18 Catrine<br>Split Bål<br>18-18:30 Catrine<br>Jympa<br>18-19 Jenny<br>UteJympa<br>18:30-19:30 Victoria F | 24/7<br>Multifys soft<br>10-11 Britta<br>Multifys<br>17:30-18:30 Maj<br>IW soft<br>17:30-18:30 Annelie A | 25/7<br>Jympa soft<br>10-11 Britta<br>IW<br>12-13 Kajsa<br>Spin<br>17-18 Hanne | 26/7<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Dans flow<br>10-11 Hanne | 27/7<br>Spin<br>10:30-11:30 Hanne<br>Multifys skivstång<br>16:30-17:30 Elisabet D |
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Vecka 31

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| 28/7<br>Jympa soft<br>10-11 Britta<br>Spin intervall<br>16:45-17:45 Hanne<br>Multifys<br>17-18 Catrine<br>SkivstångSpin<br>17:15-18:45 Helena<br>Spin40<br>18-18:45 Helena<br>Cirkelgym<br>18-19 Gunnar<br>UteJympa<br>18:30-19:30 Victoria F | 29/7<br>Yoga soft<br>9:30-10:30 Annelie G<br>Multifys soft<br>10-11 Britta<br>IW soft intervall<br>12-13 Lena<br>Skivstång<br>17:30-18:30 Terese<br>IW<br>17:30-18:30 Annelie A<br>Jympa<br>18-19 Katarina N<br>Yoga<br>18-19 Shirley | 30/7<br>Cirkelgym soft<br>9-10 Gunnar<br>Jympa soft<br>10-11 Britta<br>IW intervall<br>17:15-18:15 Kajsa<br>SkivstångSpin<br>17:30-19 Helena<br>Jympa<br>18-19 Victoria F<br>Spin40<br>18:15-19 Helena<br>UteJympa<br>18:30-19:30 Karin | 31/7<br>Jympa soft<br>10-11 Karin<br>Split Bål<br>17-17:30 Catrine<br>IW soft<br>17:30-18:30 Gunnar<br>Split Ben<br>17:30-18 Catrine<br>Split Överkropp<br>18-18:30 Catrine | 1/8<br>Jympa soft<br>10-11 Britta<br>IW<br>12-13 Kajsa<br>Spin<br>17-18 Hanne<br>Jympa<br>17:15-18:15 Helena | 2/8<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Dans flow<br>10-11 Hanne | 3/8<br>Dans flow<br>9:30-10:30 Hanne<br>Spin<br>10:30-11:30 Hanne<br>Multifys<br>15-16 Maj |
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Vecka 32

|                                                                                                                                                                                                                          |                                                                                                                                                                                                                                     |                                                                                                                                                                             |                                                                                                                                                                                                                                                                           |                                                                                                                                                          |                                                                                                                                             |                                                                    |
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| 4/8<br>Jympa soft<br>10-11 Britta<br>Multifys<br>17-18 Catrine<br>Skivstång soft<br>17:15-18:15 Hans<br>Spin<br>17:45-18:45 Helena<br>Cirkelgym<br>18-19 Gunnar<br>Jympa<br>18-19 Jenny<br>UteJympa<br>18:30-19:30 Anton | 5/8<br>Yoga soft<br>9:30-10:30 Annelie G<br>Multifys soft<br>10-11 Britta<br>Spin intervall<br>17-18 Cissi<br>Skivstång<br>17:30-18:30 Terese<br>IW<br>17:30-18:30 Annelie A<br>Cirkelgym HIT<br>18-19 Maj<br>Yoga<br>18-19 Shirley | 6/8<br>Cirkelgym soft<br>9-10 Gunnar<br>Jympa soft<br>10-11 Ulrika M<br>IW intervall<br>17:15-18:15 Kajsa<br>Spin<br>17:30-18:30 Anneli W<br>UteJympa<br>18:30-19:30 Helena | 7/8<br>Multifys soft<br>10-11 Britta<br>Split Överkropp<br>17-17:30 Catrine<br>Split Ben<br>17:30-18 Catrine<br>Gästpass:<br>Zumba Fitness<br>17:30-18:30 Lotta J<br>IW soft<br>17:30-18:30 Gunnar<br>Split Bål<br>18-18:30 Catrine<br>Skivstång soft<br>18:30-19:30 Hans | 8/8<br>Jympa soft<br>10-11 Britta<br>IW<br>12-13 Kajsa<br>Skivstång soft<br>16-17 Sophia<br>IW<br>16:30-17:30 Maj<br>Spin soft intervall<br>17-18 Sophia | 9/8<br>Spin<br>8:30-9:30 Maj<br>Skivstång<br>9-10 Hanne<br>Yoga<br>9-10 Annelie G<br>Multifys<br>9:30-10:30 Maj<br>Dans flow<br>10-11 Hanne | 10/8<br>Dans flow<br>9:30-10:30 Hanne<br>Spin<br>10:30-11:30 Hanne |
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- PLAY PÅ BEGÄRAN -

Träna vilket play-pass du vill i sal, när du vill

- läs mer på hemsidan!

- LÅNA SALAR -

Använd lediga salar och redskap

- på egen hand eller tillsammans!