

## Vecka 26, 22-28 juni

måndag 22/6	tisdag 23/6	onsdag 24/6	torsdag 25/6	fredag 26/6	lördag 27/6	söndag 28/6
10:00, Jympa Lisa L	06:30, lw distans 45 Malin J	17:30, Jympa ute Elna	06:30, Spin distans 45 Malin J	09:30, Cirkelgym Åsa T	09:15, lw distans Emma O	09:15, Spin distans 45 Malin J
16:50, Split bål Maria A	17:00, Multifys Bea	18:00, Jympa Birgitta	17:10, Skivstång intervall Linn	16:30, Jympa intensiv Åsa L	09:30, Jympa Nina	11:00, Jympa Birgitta
17:00, Jympa Linn	17:30, Cirkelgym Anneli G	18:00, lw spurt Pernilla Z	17:30, Multifys soft Hillevi J		09:30, Spin distans 30 watt Mimmi	
17:20, lw Intervall Maria A	18:00, Jympa Elna	18:30, Spin distans 45 Malin J	17:30, lw distans Graci M		10:15, Yinyoga Mimmi	
17:30, Coreflex soft Anneli	18:20, lw intervall 40 Susanne C		17:45, Spin distans 45 Watt Mimmi			
17:30, Spin spurt watt Mimmi			18:00, Cirkelgym Åsa T			
18:00, Multifys Pernilla N			18:30, Jympa Emma O			
18:30, Yoga 70 Graci M						

## Vecka 27, 29 juni - 5 juli

måndag 29/6	tisdag 30/6	onsdag 1/7	torsdag 2/7	fredag 3/7	lördag 4/7	söndag 5/7
10:00, Jympa Lisa L	06:30, IW distans 45 Malin J	17:00, Multifys skivstång Anna Sk	06:30, Spin distans 45 Malin J	16:30, Jympa intensiv Åsa L	09:30, Jympa Nina	09:15, Spin distans 45 Malin J
10:00, Cirkelgym Anders T	17:00, Multifys Bea	17:30, Jympa ute Elna	17:10, Skivstång intervall Linn		09:30, Spin distans 30 watt Mimmi	11:00, Jympa Birgitta
16:50, Split bål Maria A	17:30, Skivstång Linn	17:30, lw spurt Pernilla Z	17:30, Cirkelgym Dennis		10:15, Yinyoga Mimmi	
17:00, Jympa Hanna	17:30, Cirkelgym Anneli G	18:30, Spin distans 45 Malin J	17:30, lw distans 45 Graci			
17:15, Spin spurt watt Mimmi	18:00, Jympa Birgitta		17:45, Spin distans 45 Watt Mimmi			
17:20, lw intervall Maria A	18:20, lw intervall 40 Susanne C		18:30, Jympa Emma O			
17:30, Coreflex soft Anneli						
18:00, Multifys Pernilla N						
18:30, Yoga 70 Graci						

## Vecka 28, 6 - 12 juli

måndag 6/7	tisdag 7/7	onsdag 8/7	torsdag 9/7	fredag 10/7	lördag 11/7	söndag 12/7
10:00, Jympa Lisa L	06:30, IW distans 45 Malin J	17:00, Cirkelgym Anneli	06:30, Spin distans 45 Malin J		09:30, Spin distans 30 watt Mimmi	09:15, Spin distans 45 Malin J
16:50, Split bål Maria A	10:00, Jympa Elna	17:30, Jympa ute Linda J	17:10, Skivstång intervall Linn		10:00, Jympa Linda J	
17:00, Jympa Hanna	17:30, Skivstång 40 Helene F	17:30, lw spurt Pernilla Z	17:45, Spin distans 45 Watt Mimmi			
17:00, Cirkelgym Anneli	18:00, Jympa Nina	18:00, Jympa Birgitta	18:00, lw distans 45 Malin J			
17:20, lw intervall Maria A	18:20, lw intervall 40 Helene F	18:30, Spin distans 45 Malin J				
17:30, Spin spurt watt Mimmi						

**Vecka 29, 13 - 19 juli**

<b>måndag 13/7</b>	<b>tisdag 14/7</b>	<b>onsdag 15/7</b>	<b>torsdag 16/7</b>	<b>fredag 17/7</b>	<b>lördag 18/7</b>	<b>söndag 19/7</b>
10:00, Jympa Nina	17:00, Cirkelgym Christina U	10:00, Jympa intensiv Åsa L	16:30, Jympa soft Linda J			
10:00, Cirkelgym Anders T	17:00, Dans fusion Anna M	17:30, Jympa ute Birgitta	17:30, Skivstång 40 Helene F			
17:00, Multifys Pernilla N		18:30, Spin distans 45 watt Mimmi	18:20, lw intervall 40 Helene F			
17:30, Spin spurt watt Mimmi						
17:45, lw distans Emma O						

**Vecka 30, 20 - 26 juli**

<b>måndag 20/7</b>	<b>tisdag 21/7</b>	<b>onsdag 22/7</b>	<b>torsdag 23/7</b>	<b>fredag 24/7</b>	<b>lördag 25/7</b>	<b>söndag 26/7</b>
17:00, Jympa Hanna	16:30, Cirkelgym Dennis	17:30, Dans fusion ute Anna M	17:30, Skivstång intervall Helene F			
17:30, lw distans Helene F	17:30, Spin distans 45 Marita	17:30, lw intervall Helene F	17:30, Spin distans Marita			
	18:30, Jympa soft Linda J					

**Vecka 31, 27 juli - 2 augusti**

<b>måndag 27/7</b>	<b>tisdag 28/7</b>	<b>onsdag 29/7</b>	<b>torsdag 30/7</b>	<b>fredag 31/7</b>	<b>lördag 1/8</b>	<b>söndag 2/8</b>
10:00, Jympa Emma O	17:00, Cirkelgym Dennis	17:30, Dans fusion ute Anna M	17:10, Skivstång intervall Helene		10:00, Jympa Birgitta	
17:30, Spin distans 45 Marita	17:30, Skivstång 40 Helene F	18:30, Spin distans 45 Marita	17:30, lw distans Emma O			
18:00, lw distans Susanne C	18:00, Jympa soft Linda J					
18:30, Yoga 70 Graci	18:20, lw intervall 40 Helene F					

**Vecka 32, 3 - 9 augusti**

<b>måndag 3/8</b>	<b>tisdag 4/8</b>	<b>onsdag 5/8</b>	<b>torsdag 6/8</b>	<b>fredag 7/8</b>	<b>lördag 8/8</b>	<b>söndag 9/8</b>
10:00, Jympa Emma O	17:30, Skivstång intervall Linn	17:00, Dans fusion Anna	10:00, Jympa Emma O	16:30, Jympa intensiv Åsa L	10:00, Jympa Birgitta	
17:00, Jympa soft Linda J		17:30, Multifys ute Anna Sk	17:30, lw distans 45 Graci			
17:30, lw intervall Susanne C		18:00, lw distans Emma O				
17:30, Spin distans 45 Marita		18:30 Spin distans 45 Marita				
18:00, Multifys Pernilla						
18:40, Yoga 70 Graci						

### Vecka 33, 10 - 16 augusti

måndag 10/8	tisdag 11/8	onsdag 12/8	torsdag 13/8	fredag 14/8	lördag 15/8	söndag 16/8
17:00, Jympa Linn	17:30, Multifys Bea	17:00, Dans fusion Anna M	17:10, Multifys skivstång Anna Sk	16:30, Jympa Elna	09:15, lw distans Emma O	
17:30, lw spurt Pernilla Z	17:30, Spin intervall Kristen H (gästledare)	17:30, Multifys ute Anna Sk	17:30, lw distans 45 Graci	16:30, Cirkelgym Anna H	10:00, Jympa soft Linda J	
18:40, Yoga 70 Graci	18:00, Jympa Nina N	17:30, lw spurt Pernilla Z	17:45, Spin intervall 45 Kristen H (gästledare)			
18:45, Cirkelgym Marie B		18:00, Jympa Birgitta	18:00, Cirkelgym Åsa T			
			18:30, Jympa Emma O			

### Vecka 34, 17 - 23 augusti

måndag 17/8	tisdag 18/8	onsdag 19/8	torsdag 20/8	fredag 21/8	lördag 22/8	söndag 23/8
10:00, Jympa Lisa L	06:30, lw distans 45 Malin J	17:30, Multifys ute Anna Sk	06:30, Spin distans 45 Malin J	09:30, Cirkelgym Åsa T	09:15, lw spurt Pernilla Z	09:15, Spin distans 45 Malin J
11:00, Cirkelgym Anders T	17:30, Skivstång 40 Helene F	17:30, Cirkelgym Anders T	10:00, Multifys soft Anki	11:30, lw distans Anna M	09:30, Spin distans 30 watt Mimmi	16:30, Cirkelgym Anneli G
16:50, Split bål Maria A	17:30, Cirkelgym Dennis	17:30, lw spurt Pernilla Z	17:00, Split bål Anna Sk	16:30, Cirkelgym Anna H	10:00, Cirkelgym Anna H	
17:00, Jympa Hanna F	17:30, Spin intervall 55 Kristen H (gästledare)	18:00, Jympa Birgitta	17:10, Skivstång intervall Linn		10:15, Yinyoga 40 Mimmi	
17:20, lw intervall Maria A	18:00, Jympa Nina N	18:30, Spin distans watt Mimmi	17:30, Multifys soft Hillevi J			
17:30, Coreflex soft Anneli G	18:20, lw intervall 40 Helene F		17:30, lw distans 45 Graci			
17:30, Spin spurt watt Mimmi			17:45, Spin intervall 45 Kristen H (gästledare)			
17:45, Cirkelgym Christina U			18:00, Cirkelgym Åsa T			
			18:30, Jympa Emma O			
			18:40, Yoga 70 Graci			

## Vecka 35, 24 - 30 augusti

måndag 24/8	tisdag 25/8	onsdag 26/8	torsdag 27/8	fredag 28/8	lördag 29/8	söndag 30/8
10:00, Jympa Lisa L	06:30, lw distans 45 Malin J	17:30, Multifys ute Anna Sk	06:30, Spin distans 45 Malin J	16:30, Jympa Elna	09:15, lw intervall Susanne C	09:15, Spin distans 45 Marita
10:00, Cirkelgym Anki	17:30, Skivstång 40 Helene F	17:30, Cirkelgym Anders T	10:00, Multifys soft Anki	16:30, Cirkelgym Anna H	09:30, Spin distans 30 watt Mimmi	11:00, Jympa Birgitta
16:50, Split bål Maria A	17:30, Cirkelgym Dennis	17:30, lw intervall Maria A	17:10, Skivstång intervall Linn		10:00, Cirkelgym Anna H	16:30, Cirkelgym Anneli G
17:00, Jympa Linn	17:30, Spin intervall 55 Krister H (gästledare)	18:00, Jympa Birgitta	17:30, lw distans 45 Graci		10:00, Jympa Nina N	
17:20, lw intervall Maria A	18:00, Jympa Lisa L	18:30, Spin distans watt Mimmi	17:45, Spin intervall 45 Krister H (gästledare)		10:15, Yinyoga 40 Mimmi	
17:30, Coreflex soft Anneli G	18:20, lw intervall 40 Helene F		18:00, Cirkelgym Åsa T			
17:30, Spin spurt watt Mimmi			18:30, Jympa Emma O			
17:45, Cirkelgym Christina U			18:40, Yoga 70 Graci			