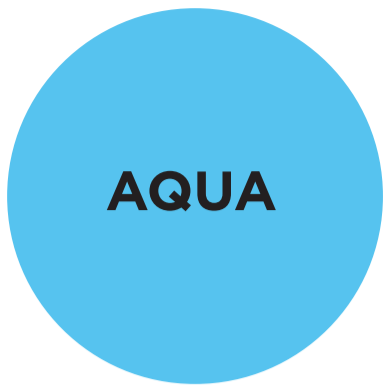


TIMEPLAN ATHLETICA NYDALLEN



| DAG OG TID | TIMETYPE | SAL | INSTRUKTØR |
|----------------|--------------------------------------|--------|----------------------------|
| Mandag | | | |
| 16.00-16.45 | Ultimate Circle | Sal 3 | Anne Berit S. |
| 17.00-17.45 | Cycling 4x4 | Sal 1 | Maiken G. |
| 17.00-17.55 | TRX Challenge | Sal 3 | Julie V.K. |
| 17.00-17.55 | Yoga Flow | Sal 2 | Eva Katrine T. |
| 18.00-18.55 | Dance | Sal 2 | Eva Katrine T. |
| 19.00-19.55 | Cardio & Strength | Sal 2 | Hanne M. |
| 18.00-18.55 | Kettlebell | Sal 3 | Julie V.K. |
| Tirsdag | | | |
| 07.15-08.00 | Cycling 4x4 | Sal 1 | Sara B. |
| 16.00-16.55 | TRX Basic | Sal 3 | Ketil M. |
| 16.30-17.25 | Cycling Interval | Sal 1 | Petter K. |
| 18.00-18.55 | Cardio Step Challenge | Sal 2 | Synne / Hanne |
| 19.00-19.45 | Burn it | Sal 2 | Hanne M. |
| Onsdag | | | |
| 16.30-17.25 | Ultimate Circle* | Sal 3 | Marte R. |
| 17.00-17.45 | Functional strength | Sal 2 | Lise Mari S. |
| 18.00-18.55 | Step Basic | Sal 2 | Lise Mari S. |
| 18.00-18.55 | Athletica Cycling | Sal 1 | Ana S. |
| 19.00-19.55 | Yoga Flow | Sal 2 | Anthony B. |
| | * Timen går utendørs i august / sept | | |
| Torsdag | | | |
| 08.05-08.50 | Ultimate Circle | Sal 3 | Sirianne G. |
| 17.00-17.55 | Cardio Challenge | Sal 2 | Marthe T.S. |
| 18.00-18.30 | Flexible | Sal 2 | Marthe T.S. |
| 18.00-18.55 | Kettlebell | Sal 3 | Christer L.O |
| 19.00-19.55 | Boxing Interval | Sal 2 | Christer L.O. |
| Fredag | | | |
| 07.15-08.10 | Cardio Challenge | Sal 2 | Katharina L. |
| 14.45-15.25 | Cage Challenge | Studio | Marte R/ Ketil M. |
| 15.30-16.25 | Yoga Flow | Sal 2 | Sigurd G. |
| Lørdag | | | |
| 11.15-12.10 | Cardio Step Challenge | Sal 2 | Synne / Maiken/ Hanne |
| 12.15-13.00 | Functional Strength | Sal 2 | Synne / Maiken/ Hanne |
| Søndag | | | |
| 12.10-13.25 | Yoga Flow | Sal 2 | Anthony B. / Ein T. |
| 12.30-13.15 | Cycling 4x4 | Sal 1 | Lise Mari/ Sara/ Marthe N. |
| 13.30-14.30 | Functional Strength | Sal 2 | Lise Mari/ Sara /Marte R |

Med forbehold om endringer. Se alltid oppdatert timeplan uke for uke på sio.no