

Träningsvecka 15-21/1 " PROVA PÅ"

Måndag

KI17.00 GRIT mix 30min - Maria
KI17.40 Sh'Bam 30min - Maria
KI18.15 MTC Core 30min - Elli
KI18.30 Spin/Core - Pär
KI18.50 Body Pump 45min - Emma

Tisdag

KI17.00 Tabata 30 min - Kattis
KI17.30 Kettlebell 30 min -Kattis
KI18.10 Body Combat 45min - Maria
KI19.00 Louko moves 45min - Erik

Onsdag

KI17.00 Bodypump/Spinning 30/30 - Jessica/Pär
KI17.40 CX Worx 30min - Jessica
KI18.15 MTC Styrka & Flås 45min - Kattis
KI18.20 TRX 45 min - Tobias

Torsdag

KI17.00 Kettlebell/Core 30min - Sara
KI17.30 GRIT Mix 30 min - Jessica
KI18.10 Body Pump 45min - Maria
KI18.15 Spin/Core - Pär

Fredag

11.45 l'ts core 30min - Kattis

Lördag

KI09.00 Body pump 60min - Emma
KI10.15 Yoga, Töj & Stretch 45min - Kattis

Söndag

KI16.00 Body pump 30min - Maria
KI16.40 Body combat 30min - Maria
KI17.20 Tabata/Core 45min - Sofi