

HOLDPLAN

UGE 48, 49, 50 / 2020

Yderligere info og tilmelding: www.fitforfuture.dk

	<u>OMRÅDE/TID</u>	<u>HOLDTYPE</u>	<u>Instruktør</u>
Mandag:	SAL 2: 08.15-09.05	Puls/Styrke	Christina
	SAL 2: 09.30-10.30	Mor/Barn Bootcamp	Christina
	SAL 1: 17.00-17.55	Zumba	Henriette
	SAL 3: 17.00-17.55	Zumba	Sia
	SAL 3: 18.00-19.00	Piloxing SSP	Helle
	SAL 1: 18.05-18.55	Jumping Fitness	Henriette
	SAL 1: 19.10-20.00	Stor bold Core/balance	Pernille
	SAL 2: 19.10-20.05	BodyFit	Karina
	SAL 3: 19.10-20.00	Piloxing SSP	Henriette
	SAL 3: 20.10-21.20	Yin Yoga	Pernille
	SAL 1: 20.15-21.05	Flow	Karina
Tirsdag:	SAL 3: 16.35-17.25	Step/Aerobic	Lone
	SAL 1: 17.10-17.55	Jumping Fitness 9-15 år	Helle
	SAL 2: 17.30-18.00	Coretræning (30 min)	Line T/Line E
	SAL 1: 18.00-18.35	Jumping Fitness (35 min)	Helle
	SAL 2: 18.05-18.35	Tabata/Hiit (30 min)	Line T/Line E
	SAL 1: 18.40-19.05	Coretræning (25 min)	Line T/Line E
	SAL 2: 19.10-19.40	Tabata/Hiit (30 min)	Line T/Line E
	SAL 1: 19.10-19.50	Motions-kickbox (40 min)	Michael
	SAL 1: 19.55-20.35	Motions-kickbox (40 min)	Michael
	SAL 3: 18.45-19.40	Pardans Bootcamp forts.	Asbjørn
	SAL 3: 19.50-20.45	Pardans Bootcamp beg.	Asbjørn
Onsdag:	SAL 3: 15.45-16.45	Hatha Yoga	Pernille
	SAL 3: 16.55-17.55	Hatha Yoga	Pernille
	SAL 2: 17.10-17.55	CrossFitness 9-15 år	Line E.
	SAL 1: 17.10-18.00	Zumba	Carina
	SAL 2: 18.00-18.50	Løbeklubben	Christina
	SAL 1: 18.10-19.00	Balloom Fitness	Carina
	SAL 3: 18.10-19.00	Step/Aerobic	Lone
	SAL 1: 19.10-20.05	Drums Fitness	Stella
	SAL 2: 19.10-20.00	Puls/Styrke	Line E.
	SAL 3: 19.10-20.00	Jumping Fitness	Lone
	SAL 2: 20.10-21.00	BodyFit	Karina
Torsdag:	SAL 2: 08.00-08.50	Puls/Styrke	Christina
	SAL 2: 09.30-10.30	Mor/Barn Bootcamp	Christina
	SAL 1: 17.00-17.50	Jumping Fitness	Henriette
	SAL 2: 17.00-17.50	MBL/Stram op	Gladys
	SAL 3: 17.10-17.55	HipHop/MGP 7-11 år	Stella
	SAL 1: 18.00-18.50	Jump & Core	Helle
	SAL 2: 18.00-18.50	Power Fitness	Gladys
	SAL 3: 18.00-19.05	Piloxing SSP	Henriette
	SAL 1: 19.00-19.50	Bokwa	Mathias
	SAL 3: 20.00-20.50	Zumba	Karina

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