

Mandag

Tirsdag

Onsdag

Torsdag

Reformer		Yoga		Reformer		Yoga		Reformer		Yoga	
		06:30-07:45 Vinyasa Yoga Warm Gina				06:45-07:45 Reformer Åpent Pia			08:00-09:00 Reformer Åpent Gina		
08:00-09:00 Reformer Åpent Gina				08:00-09:00 Reformer Åpent Silje		07:45-08:45 Reformer Åpent Pia			09:00-10:00 Reformer 2 Silje		
09:00-10:00 Reformer Åpent Gina				09:00-10:00 Reformer 2 Silje		09:00-10:00 Reformer Cardio Pia			10:00-11:00 Reformer 1 Silje		
					10:15-11:30 Yoga Bliss Silje						11:15-12:30 Yoga Bliss Silje
17:00-18:00 Reformer 2 Silje				17:00-18:00 Reformer 1 Hedda		17:00-18:00 Reformer 2 Hedda		16:50-17:50 Pilates Matte 2 Silje	17:00-18:00 Reformer 1 Gina		16:50-18:00 Hatha Yoga Charlotte
18:00-19:00 Reformer 3 Silje	18:00-19:00 Pilates 1 Elin Sofie			18:00-19:00 Reformer 2 Hedda		18:00-19:00 Reformer 3 Silje		17:55-19:05 Dance Barre 3 Wenche	18:00-19:00 Reformer 3 Nina		18:00-19:15 Ashtanga Yoga 2/3 Lotte
19:00-20:00 Reformer 1 Elin Sofie	19:05-20:15 Vinyasa Yoga 2/3 Silje			19:00-20:00 Reformer Cardio Nina		19:00-20:00 Reformer 2/3 Silje		19:05-20:15 Dance Bliss Wenche	19:00-20:00 Reformer Cardio Nina		19:15-20:30 Yin Yoga Warm Camilla
20:15-21:15 Reformer 4 Silje	20:15-21:30 Ashtanga Yoga 1/2 Lotte			20:00-21:00 Reformer Menn Nina				20:15-21:30 Yoga Bliss Warm Silje	20:00-21:00 Reformer 2 Nina		

Fredag

Lørdag

Søndag

Reformer		Yoga		Reformer		Yoga		Reformer		Yoga	
08:00-09:00 Reformer Åpent Silje				09:00-10:00 Reformer Cardio alle							
09:00-10:00 Reformer Åpent Silje				10:00-11:00 Reformer Cardio alle							
10:00-11:00 Reformer 1 Gosia Pianowska	10:15-11:30 Slow Flow Warm Gina			10:00-11:00 Reformer Åpent alle							
11:30-12:30 Reformer etter fødsel Gosia Pianowska					12:15-13:30 Yang Yin Yoga Åpent alle						
16:00-17:00 Reformer Åpent alle											
	17:15-18:30 Yoga Spa Warm alle										



Timeplan våren 2024
flowdrammen.no