

Mandag		Tirsdag		Onsdag		Torsdag	
Reformer	Yoga	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	16:50-17:50 Yang Yin Hege Kristin	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	17:50-19:00 Flow Barre Wenche	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	19:05-20:15 Vinyasa Yoga Warm Gina	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 Vinyasa Yoga Warm Gina		20:15-21:30 Yoga Bliss Warm Silje		

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

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