

Small Group & Gruppträning & Onlineträning

30 november - 17 januari (v. 49 - v.2)

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	8:00 SG Apparat 1/12 – 22/12, 12/1	8:00 SG Funct.Dynamic 2/12 – 16/12, 12/1		8:00 *SomaMove 4/12 – 18/12, 15/1		
9:00 SG Funct.Dynamic 30/11, 7/12	9:00 SG Apparat 29/12	9:00 SG Apparat 2/12 – 16/12	9:00 SG Funct.Dynamic 3/12 – 17/12 + 7/1-14/1	9:00 SG Apparat 4/12 – 18/12		10:00 Zumba 5/12
9:00 Pilates Matwork 30/11 – 11/1		9:00 *Pilates Matwork 30/12		9:00 Pilates Matwork 4/12 – 18/12 + 8/1-15/1	9:00 Pilates Matwork 5/12 – 19/12, 16/1	10:00 *SomaMove 3/1
10:15 *Balance4U 45 30/11 - 14/12, 11/1	10:15 *BodyAwareness 45 1/12 – 12/1		10:15 *PilatesAwareness 45 3/12 – 17/12 + 7/1-14/1	12:30 **PWR4U 30 4/12 – 18/12	10:15 SomaMove 5/12 – 12/12 + 9/1-16/1	10:00 *Barre 45 10/1
	12:00 **Posture 30 1/12-15/12		12:00 **Posture 30 3/12 – 17/12			
18:00 SG Apparat 30/11 – 14/12, 11/1	17:00 *Pilates Awareness 1/12 – 22/12, 12/1	18:00 SG Apparat 16/12	18:00 SG Apparat 3/12 – 17/12, 14/1			
18:00 Pilates Matwork 30/11 – 7/12, 11/1	18:00 *Pilates Matwork 29/12	18:00 *SomaMove 2/12 – 16/12, 13/1	18:00 Barre 45 7/1			
18:00 *SomaMove 21/12-4/1	18:00 Balance4U 12/1	18:00 *Barre 45 30/12	19:30 ** Pilates Matwork 45 3/12 – 17/12			
19:00 Pilates Matwork 14/12 – 4/1	18:15 *Barre 45 22/12	19:00 Pilates Matwork 2/12 – 16/12, 13/1				
19:00 Pilates Challenge 11/1		20:00 SG Apparat Challenge 2/12 – 9/12				

* Live via zoom och IRL på studion **Live via zoom