

Small Group & Gruppträning

6/12 - 9/1

Måndag		Tisdag		Onsdag		Torsdag		Fredag	
Small Group	Grupp	Small Group	Grupp	Small Group	Grupp	Small Group	Grupp	Small Group	Grupp
		8:00 Apparat Catrin 7 - 21/12		8:00 Functional Dynamic Catrin 8 - 22/12					8:00 SomaMove Catrin 10 - 17/12
9:00 Functional Dynamic Catrin 6, 13/12	9:00 Pilates Matwork Ines 6/12 - 3/1		9:00 Body Awareness Catrin 7 - 21/12	9:00 Apparat Rosanna 8 - 22/12	9:00 PWR4U Catrin 29/12 - 5/1	9:00 Functional Dynamic Ines 9 - 23/12	9:00 SomaMove Catrin 30/12	9:00 Apparat Rosanna 10 - 17/12	9:00 Pilates Matwork Catrin 10 - 17/12, 7/1
							10:00 Pilates Awareness Ines 9 - 23/12		
17:00 Apparat Catrin 6 - 20/12	*17:45 Pilates Grundkurs Marie 6 - 13/12		17:00 Pilates Awareness Ines 7 - 21/12						
18:00 Apparat Catrin 6 - 20/12	18:00 Barre Rosanna 27/12 - 3/1		18:00 balance4U Ines 7 - 21/12		18:00 SomaMove Jessie 8 - 22/12	18:00 Apparat Anna 9 - 16/12			
	19:00 Pilates Challenge Catrin 6 - 20/12		18:00 Soma Move Jessi 28/12-4/1		19:00 Pilates Matwork Rosanna 8 - 29/12				