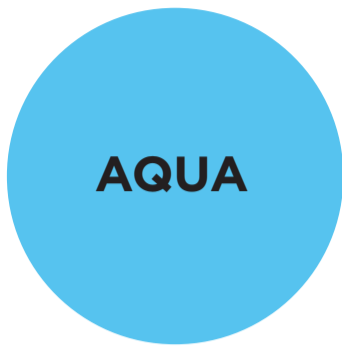


TIMEPPLAN ATHLETICA BLINDERN



DAG	TIMETYPE	SAL	INSTRUKTØR
Mandag			
08:15-09:00	Functional Strength	Sal 5	Malin S
09:15-10:10	Yoga Flow	Sal 5	Inger Katrin L
11:00-11:40	Interval Running	Cardio	Renate O
11:50-12:20	Total Core	Sal 5	Renate O
16:00-16:55	Ultimate Rhythm	Sal 5	Pauline K
17:00-17:55	Power Yoga (EN)	Sal 5	Anthony B
17:15-18:00	Cage Challenge	Studio	Pauline K
Tirsdag			
08:15-09:00	Cycling Interval	Sykkel	Malin S
12:05-13:00	Yoga Flow (EN)	Sal 5	Anthony B
14:15-14:45	Leg Day	Sal 5	Espen W E
14:50-15:20	Upper Body	Sal 5	Espen W E
15:30-17:00	Interval Running	Cardio	Maximilian L
16:30-17:25	Step Cardio & Strength	Sal 5	Kristine H
16:30-17:15	TRX Basic (EN)	TRX	Daniel P
18:00-18:55	Zumba	Sal 5	Loredana O
Onsdag			
09:00-09:55	Pilates	Sal 5	Lotte S
10:45-11:15	Interval Running	Cardio	Kristin B
15:00-15:30	TRX Leg Day (EN)	TRX	Daniel P
15:15-15:55	Dodgeball	Sal 5	Espen WE
15:35-16:05	TRX Upper Body (EN)	TRX	Daniel P
16:30-17:25	Cycling Interval	Sykkel	Amalie L. O
16:05-17:00	Athletica HIT	Sal 5	Espen WE
17:10-17:55	Step Cardio & Strength	Sal 5	Kristine H
Torsdag			
10:00-10:45	Functional Strength	Sal 5	Kristin B
11:00-11:45	Cycling 4x4	Sykkel	Kristin B
12:30-13:15	Nakke Skuldre (EN)	Sal 5	Daniel P
16:00-16:45	Cage Challenge	Studio	Amalie L. O
16:15-17:10	Yoga Flow (EN)	Sal 5	Anthony B
17:00-17:30	Interval Running	Cardio	Amalie L. O
Fredag			
07:15-07:45	Functional Strength	Sal5	Malin S
07:55-08:25	Interval Running	Cardio	Malin S
08:30-09:15	Cycling Basic	Sykkel	Kristin B
10:35-11:30	Pilates	Sal 5	Lotte S
Lørdag			
11:00-11:40	Interval Running	Cardio	Pauline K, x, Amalie L. O.
12:15-13:10	Ultimate Rhythm	Sal 5	Pauline K, Loredana O, Loredana O

Med forbehold om endringer.

Book timer og se alltid gjeldende timeplan på sio.no eller i Mitt SiO-appen.