

MÅNDAGAR 19.00 – 20.00

SVETTIS/DISCORE

Datum	Pass	Instruktör
8/1	Svettis	Sara
15/1	Svettis	Hanna
22/1	DisCore	Sabrina
29/1	Svettis	Sara
5/2	DisCore	Sabrina
12/2	Svettis	Hanna
19/2	Svettis	Sara
26/2	DisCore	Sabrina
4/3	Svettis	Sara
11/3	Svettis	Hanna
18/3	DisCore	Sabrina
25/3	Svettis	Sara
8/4	DisCore	Sabrina
15/4	Svettis	Hanna
22/4	Svettis	Sara
29/4	DisCore	Sabrina
6/5	Svettis	Hanna
13/5	Svettis	Sara

FREDAGAR 18.00 – 19.00

FREDAGSFYS

Datum	Pass	Instruktör
12/01/2024	Jenny	Box
19/01/2024	Ulrika	HIIT
26/01/2024	Agneta	Step Up
02/02/2024	Ulrika	Cirkel
09/02/2024	Jenny	Box
16/02/2024	Ulrika	HIIT
23/02/2024	Agneta	Styrka m. redskap
01/03/2024	Jenny	Box
08/03/2024	Agneta	Booty & Core
15/03/2024	Jenny	Box
22/03/2024	Ulrika	Cirkel
05/04/2024	Agneta	Step Up
12/04/2024	Jenny	Box
19/04/2024	Ulrika	HIIT
26/04/2024	Agneta	Styrka med redskap
03/05/2024	Jenny	Box
17/05/2024	Ulrika	HIIT

LÖRDAGAR 9.00 – 10.00

SVETTIS/DISCORE

Datum	Pass	Instruktör
13/1	Svettis	Hanna
20/1	Svettis	Tina
27/1	DisCore	Sabrina
3/2	Svettis	Agneta
10/2	Svettis	Hanna
17/2	Svettis	Sara
24/2	DisCore	Sabrina
2/3	Svettis	Tina
9/3	Svettis	Agneta
16/3	Svettis	Sara
23/3	DisCore	Sabrina
6/4	Svettis	Hanna
13/4	Svettis	Tina
20/4	Svettis	Agneta
26/4	Svettis	Sara
4/5	DisCore	Sabrina
18/5	Svettis	Hanna

SÖNDAGAR 9.30 – 10.30

TABATA

Datum	Instruktör
14/01/2024	Jessica
21/01/2024	Jessica
28/01/2024	Ulrika
04/02/2024	Agneta
11/02/2024	Jessica
18/02/2024	Ulrika
25/02/2024	Jessica
03/03/2024	Jessica
10/03/2024	Agneta
17/03/2024	Jessica
24/03/2024	Ulrika
07/04/2024	Jessica
14/04/2024	Agneta
21/04/2024	Ulrika
28/04/2024	Jessica
05/05/2024	Ulrika
19/05/2024	Jessica