

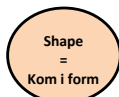
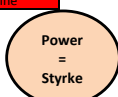
Sommer plan 2018 for FOR DITT TRENINGSSENTER

UKE 23-26, 4/6-1/7

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Ann Kristin	06:30 Sykkel Soort 50 Jorid	09:00 Sykkel Power 50 Heidi	09:30 Slynge Power 50 Ann Kristin
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Ann Kristin	09:00 Sirkel Shape Ann Kristin	10:15 Yoga Power 30 Ann Kristin	10:15 Sykkel Surprise Linn
16:30 Pilates Power Ann Kristin	10:15 Sykkel Power 50 Heidi	10:00 EasySpinn Fun Joachim	10:15 Slynge Power 50 Ann Kristin	10:45 Yoga Balance 30 Ann Kristin	10:15 Høypuls Power 30 Aina
17:30 Sirkel Shape Ann Kristin	16:30 Grit Soort 30 Jorid	17:30 Sykkel Power 50 Heidi	17:30 Sykkel Power 60 Linn	16:30 Sykkel Power 50 Veronica	10:45 Slidepads Core 30 Aina
	17:15 Sykkel Sport 50 Jorid	17:30 Kondis Shape 30 Aina	17:30 Dans Fun Irene	17:30 BodyPump Power Irene	
18:30 Sh-Bam Fun Irene	17:30 Dans Fun 30 Renate	18:00 Styrke Shape 30 Aina	18:30 BodyPump Power Marianne L		
18:30 Rpm Sport 50 Knut	18:00 Styrke Shape 30 Renate	18:30 Zumba Fun Renate			
19:30 BodyPump Power Renate	18:15 Sykkel Power 75 Lena B	19:30 Yoga Power 30 Ann Kristin			
	18:30 BodyPump Power Knut	20:00 Yoga Balance 30 Ann Kristin			
	19:30 CX Works 30 Trine				



Fargekode
Sykkel timer Sykkel sal
Yoga Power Kjerne og balanse
Yoga Balance Fokus på fleksibilitet
Kondis/Høypuls Kondisjon Enkle trinn
Kondis Koordinasjon og dans
Styrke Styrke hele kroppen
Slidepads Core og kjerne
Slynge Egenvektstrening
Sirkel Styrke og kondis
Bodypump CX Works Styrke Les mills
Grit Intensiv styrke Kondisjon



NRI
Aktiv på dagtid fortsetter mandag og
onsdager kl 12.00 t.o.m 15.6

UKE 27, 2/7-8/7

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Ann Kristin	09:00 Sirkel Shape Ann Kristin	09:00 Sykkel Power 50 Heidi	09:30 Slynge Power 50 Ann Kristin
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Ann Kristin	10:15 Slynge Power 50 Ann Kristin	10:15 Yoga Power 30 Ann Kristin	10:15 Sykkel Surprise Lena B
16:30 Pilates Power Ann Kristin	10:15 Sykkel Power 50 Heidi	10:00 EasySpinn Fun Joachim	17:30 Sykkel Power 60 Linn	10:45 Yoga Balance 30 Ann Kristin	10:15 Høypuls Power 30 Aina
	16:30 Grit Sport 30 Jorid	17:30 Sykkel Power 50 Heidi	17:30 Dans Fun Irene	16:30 Sykkel Power 50 Veronica	10:45 Slidepads Core 30 Aina
18:30 Sh-Bam Fun Irene	17:15 Sykkel Sport 50 Jorid	17:30 Kondis Shape 30 Aina	18:30 BodyPump Power Marianne L	17:30 BodyPump Power Irene	
18:30 Rpm Sport 50 Knut	17:30 Dans Fun 30 Renate	18:00 Styrke Shape 30 Aina			
19:30 BodyPump Power Renate	18:00 Styrke Shape 30 Renate	18:30 Zumba Fun Renate			
	18:15 Sykkel Power 75 Lena B	19:30 Yoga Power 30 Ann Kristin			
	18:30 BodyPump Power Knut	20:00 Yoga Balance 30 Ann Kristin			
	19:30 CX Works 30 Trine				

UKE 28, 9/7- 15/7

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Ann Kristin	09:00 Sirkel Shape Ann Kristin	09:00 Sykkel Power 50 Lena B	09:30 Slynge Power 50 Ann Kristin
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Ann Kristin	10:15 Slynge Power 50 Ann Kristin	10:15 Yoga Power 30 Ann Kristin	10:15 Sykkel Surprise Veronica
16:30 Pilates Power Ann Kristin	10:15 Sykkel Power 50 Heidi	10:00 EasySpinn Fun Ann Kristin	17:30 Sykkel Power 60 Linn	10:45 Yoga Balance 30 Ann Kristin	
18:30 Rpm Sport 50 Knut	17:30 Dans Fun 30 Malin	17:30 Sykkel Power 50 Lena B	17:30 Dans Fun Renate	16:30 Sykkel Power 50 Veronica	
18:30 Dance Fun Renate	18:00 Styrke Shape 30 Malin	18:30 Zumba Fun Renate		17:30 BodyPump Power Knut	
19:30 BodyPump Power Renate	18:15 Sykkel Power 75 Lena B	19:30 Yoga Power 30 Ann Kristin			
	18:30 BodyPump Power Knut	20:00 Yoga Balance 30 Ann Kristin			

UKE 29, 16/7 - 22/7

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Renate	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Renate		09:00 Sykkel Power 50 Trine	10:15 Sykkel Suprise Gøran
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Renate			
18:30 Rpm Sport 50 Knut	17:30 Dans Fun 30 Malin	17:30 Sykkel Power 50 Gøran	17:30 Sykkel Power 60 Linn	16:30 Sykkel Power 50 Veronica	
17:30 Zumba Malin	18:00 Styrke Shape 30 Malin	18:30 Zumba Fun Renate	17:30 Dans Fun Renate	17:30 BodyPump Power Knut	
19:30 BodyPump Power Renate	18:15 Sykkel Power 75 Gøran				

UKE 30, 23/7 - 29/7

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
10:15 Dance Fun Renate	09:00 Kondis Fun Renate		09:00 Sirkel Shape Marianne T	09:00 Sykkel Power 50 Linn	10:15 Sykkel Suprise Linn
18:30 Rpm Sport 50 Knut	09:30 Styrke Shape 30 Renate	17:30 Sykkel Power 50 Knut	17:30 Sykkel Power 60 Linn	16:30 Sykkel Power 50 Knut	
18:30 Dance Fun Renate	17:30 Dans Fun 30 Malin	18:30 Zumba Fun Renate	17:30 Dans Fun Malin	17:30 BodyPump Power Knut	
19:30 BodyPump Power Renate	18:00 Styrke Shape 30 Malin				
	18:15 Sykkel Power 60 Linn				

UKE 31, 30/7 - 5/8

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
10:15 Sirkel shape Joachim	09:00 Slynge Joachim	10:00 EasySpinn Fun Joachim	09:00 Sirkel Shape Marianne T	09:00 Sykkel Power 50 Lena B	10:15 Sykkel Suprise Joachim
18:30 Rpm Sport 50 Lena L	17:30 Dans Fun 30 Malin	17:30 Sykkel Power 50 Linn	17:30 Sykkel Power 60 Linn	17:30 Slynge Lena B	
19:30 BodyPump Power Lena L	18:00 Styrke Shape 30 Malin	18:30 Zumba Fun Malin	17:30 Dans Fun Sissel R		
	18:15 Sykkel Power 60 Joachim				

UKE 32, 6/8- 12/8

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 AnnKristin	09:00 Yoga Power 30 Ann Kristin	09:00 Sirkel Shape Marianne T	09:00 Sykkel Power 50 Heidi	09:30 Slynge Power 50 Ann Kristin
10:15 Dance Fun Ann Kristin	09:30 Styrke Shape 30 AnnKristin	09:30 Yoga Balance 30 Ann Kristin	10:15 Slynge Power 50 Ann Kristin	10:15 Yoga Power Ann Kristin	10:15 Sykkel Suprise Linn
16:30 Pilates Power AK	10:15 Sykkel Power 50 Heidi	10:00 Sykkel Shape Joachim	17:30 Sykkel Power 60 Linn	10:45 Yoga Balance Ann Kristin	
17:30 Sykkel Shape 50 Lena Lund	17:30 Dans Fun 30 Malin	17:30 Sykkel Power 50 Heidi	17:30 Dans Fun Sissel R	17:30 Bodypump power Marianne I	
17:30 Dance Fun 30 Malin	18:00 Styrke Shape 30 Malin	18:30 Zumba Sissel R			
18:00 Styrke Shape 30 Malin	18:15 Sykkel Power 60 Heidi	19:30 Yoga Power 30 Ann Kristin			
	18:30 BodyPump Power Marianne L	19:45 Yoga Balance 30 Ann Kristin			

UKE 33, 13/8- 19/8

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Ann Kristin	06:30 Sykkel Sport 50 Jorid	09:00 Sykkel Power 50 Heidi	09:30 Slynge Power 50 Ann Kristin
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Ann Kristin	09:00 Sirkel Shape Ann Kristin	10:15 Yoga Power 30 Ann Kristin	10:15 Sykkel Suprise Linn
16:30 Pilates Power Ann Kristin	10:15 Sykkel Power 50 Heidi	10:00 EasySpinn Fun Joachim	10:15 Slynge Power 50 Ann Kristin	10:45 Yoga Balance 30 Ann Kristin	10:15 Høypuls Power 30 Aina

17:30 Sykkel Shape 50 Lena L	16:30 Grit Sport 30 Jorid	17:30 Sykkel Power 50 Heidi	17:30 Sykkel Power 60 Linn	17:30 BodyPump Power Irene	10:45 Slidepads Core 30 Aina
18:30 Sh-Bam Fun Irene	17:15 Sykkel Sport 50 Jorid	17:30 Kondis Shape 30 Aina	17:30 Dans Fun Sissel R		
19:30 BodyPump Power Renate	17:30 Dans Fun 30 Malin	17:30 Styrke Shape 30 Aina	18:00 BodyPump Power Marianne L		
	18:00 Styrke Shape 30 Malin	18:30 Zumba Fun Renate			
	18:15 Sykkel Power 75 Lena B	19:30 Yoga Power 30 Ann Kristin			
	19:30 CX Works 30 Trine	20:00 Yoga Balance 30 Ann Kristin			

UKE 34, 20/8- 26/8

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Ann Kristin	06:30 Sykkel Sport 50 Jorid	09:00 Sykkel Power 50 Heidi	09:30 Slyng Power 50 Ann Kristin
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Ann Kristin	09:00 Sirkel Shape Ann Kristin	10:15 Yoga Power 30 Ann Kristin	10:15 Sykkel Suprise Linn
16:30 Pilates Power Ann Kristin	10:15 Sykkel Power 50 Heidi	10:00 EasySpinn Fun Joachim	10:15 Slyng Power 50 Ann Kristin	10:45 Yoga Balance 30 Ann Kristin	10:15 Høypuls Power 30 Aina
17:30 Sykkel Shape 50 Lena L	16:30 Grit Sport 30 Jorid	17:30 Sykkel Power 50 Heidi	17:30 Sykkel Power 60 Linn	16:30 Sykkel Power 50 Veronica	10:45 Slidepads Core 30 Aina
18:30 Sh-Bam Fun Irene	17:15 Sykkel Sport 50 Jorid	17:30 Kondis Shape 30 Aina	17:30 Dans Fun Sissel R	17:30 BodyPump Power Irene	
18:30 Rpm Sport 50 Knut	17:30 Dans Fun 30 Malin	18:00 Styrke Shape 30 Aina	18:30 BodyPump Power Marianne L		
19:30 BodyPump Power Renate	18:00 Styrke Shape 30 Malin	18:30 Zumba Fun Renate			
	18:15 Sykkel Power 75 Lena B	19:30 Yoga Power 30 Ann Kristin			
	18:30 BodyPump Power Knut	20:00 Yoga Balance 30 Ann Kristin			
	19:30 CX Works 30 Trine				

UKE 35, 27/8- 2/9

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag
09:00 Pilates Balance Ann Kristin	09:00 Kondis Fun 30 Renate	09:00 Yoga Power 30 Ann Kristin	06:30 Sykkel Sport 50 Jorid	09:00 Sykkel Power 50 Heidi	09:30 Slyng Power 50 Ann Kristin
10:15 Dance Fun Renate	09:30 Styrke Shape 30 Renate	09:30 Yoga Balance 30 Ann Kristin	09:00 Sirkel Shape Ann Kristin	10:15 Yoga Power 30 Ann Kristin	10:15 Sykkel Suprise
16:30 Pilates Power Ann Kristin	10:15 Sykkel Power 50 Heidi	10:00 EasySpinn Fun Joachim	10:15 Slyng Power 50 Ann Kristin	10:45 Yoga Balance 30 Ann Kristin	10:15 Høypuls Power 30 Aina
17:30 Sykkel Shape 50 Lena L	16:30 Grit Sport 30 Jorid	17:30 Sykkel Power 50 Heidi	17:30 Sykkel Power 60 Linn	16:30 Sykkel Power 50 Veronica	10:45 Slidepads Core 30 Aina
18:30 Sh-Bam Fun Irene	17:15 Sykkel Sport 50 Jorid	17:30 Kondis Shape 30 Aina	17:30 Dans Fun Sissel R	17:30 BodyPump Power Irene	
18:30 Rpm Sport 50 Knut	17:30 Dans Fun 30 Malin	18:00 Styrke Shape 30 Aina	18:30 BodyPump Power Marianne L		
19:30 BodyPump Power Renate	18:00 Styrke Shape 30 Malin	18:30 Zumba Fun Renate			
	18:15 Sykkel Power 75 Lena B	19:30 Yoga Power 30 Ann Kristin			
	18:30 BodyPump Power Knut	20:00 Yoga Balance 30 Ann Kristin			
	19:30 CX Works 30 Trine				