

## MANDAG

- **05.30–06.15 BodyBike** (Trine Rumann)
- **10.00–11.00 Yoga Fitness** (Cecilia Bjørk Johansen)
- **16.15–17.00 Stram op** (Julie)

## TIRSDAG

- **08.30–09.30 Senior Fitness** (Tais Holm Christensen)
- **17.05–18.05 BodyBike** (Michaela / Mogens Zabel)
- **18.10–19.10 Yoga Flow** (Lisbeth Runge)

## ONSDAG

- **05.30–06.15 Cirkeltræning** (Trine Rumann)
- **14.00–15.00 Hatha Yoga** (Cecilia Bjørk Johansen)
- **17.00–18.00 Bokse Fitness** (Martin Nielsen)

## TORSDAG

- **09.00–10.00 Senior Fitness** (Laura)
- **17.00–18.00 Yoga Fitness** (Laura)

## FREDAG

- **05.30–06.15 BodyBike** (Trine)
- **11.00–12.00 Sjov Motion** (Anja Lund)

## LØRDAG

- **08.10–09.10 Puls/Styrke** (Julie Steen Andersen / Trine Rumann)
- **09.20–10.20 BodyBike** (Trine Rumann / Michaela Zabel)

## SØNDAG

- **09.00–10.00 Step & Styrke** (Anja Lund fra oktober til marts)