



## Tímatafla World Class - Skólastígur, AK



KL.	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur		Laugardagur
06:00	World Fit	World Fit	World Fit	World Fit	World Fit	09:15	Spinning (60) Kennari: Ýmsir
06:10		Spinning (50) Harpa Yr		Spinning (50) Heimir		09:30	Infrared hot Yoga (75) Bryndís/Rannveig
08:15						11:15	Power Fit (60) Auðbjörg
09:00						11:00 -15:30	DSA (L)
10:15					Soft training (75) Andrea		
12:00	World Fit	World Fit	World Fit	World Fit	World Fit		
12:05	Infrared Warm Yoga (55) Rannveig		Warm Yoga (55) Bryndís				
12:10		Spinning (50) Guðrún		Infrared Hot Power Flow (50) Guðrún Gísla	Spinning (50) Guðrún		
14:15					DSA, Fimleikaval (L)		<b>Sunnudagur</b>
15:00	DSA, E1 (L)	DSA, E2 (L)	DSA, E1 (L)	DSA, E2 (L)		10:30	Infrared hot fit(60) Auðbjörg
15:15					DSA, D (L)	11:40	Infrared Hot Yoga (60) Magda
16:00			DSA, söngleikjaval (L)				
16:10					Infrared Warm Yoga (55) Rannveig		Salur 1
16:20	Spinning (60) Kristín Hanna						Salur 2
16:20	Infrared Hot Power Flow (50) Guðrún Gísla						Salur 3
16:25		Infrared Hot Power Flow (50) Harpa Lind		Infrared hot core (50) Harpa Lind			World fit salur
16:30		Spinning (60) Haffi		Spinning (60) Haffi			
17:15	DSA, Barre (L)	Infrared hot Yoga (75) Bryndís	Soft Training (90) Andrea	Infrared hot Yoga (75) Bryndís/Rannveig			
17:15	Power Fit (60) Auðbjörg	DSA, D (L)	Power Fit (60) Auðbjörg	DSA, C2 (L)			
17:15			Spinning (60) Kristín Hanna				
17:20					Infrared hot fit (60) Auðbjörg		
17:30	World Fit	World Fit	World Fit	World Fit	World Fit		
18:15		DSA, C2 (L)					*(x) lengd tíma (L) Lokuð námskeið
18:45			Infrared Hot Yoga (60) Magda	DSA, Barre			*Ath. að tímatafla getur breyst án fyrirvara.