



Tímatafla World Class - Skólastígur, AK  
2021



| KL.   | Mánudagur                                    | Þriðjudagur                       | Miðvikudagur                               | Fimmtudagur                                  | Föstudagur                          |       | Laugardagur                                   |
|-------|--|-----------------------------------|--|--|-------------------------------------|-------|---|
| 06:10 | World Fit                                    | World Fit                         | World Fit                                  | World Fit                                    | World Fit                           | 09:15 | Spinning (60)<br>Ýmsir                        |
| 06:10 | Buttlift (60)<br>Karen Ósk                   | Spinning (50)<br>Harpa Ýr         | Buttlift (60)<br>Karen Ósk                 | Spinning (50)<br>Helmir                      |                                     | 09:30 | Infrared hot Yoga (75)<br>Bryndís/Rannveig    |
| 08:15 | Hóptími (L) 60                               |                                   |  |  | Hóptími (L) til 9:40                | 11:00 | DSA (L) (180)                                 |
| 10:00 |  |                                   |  |  | Hóptími (L) til 11:25               | 11:15 | Power Fit (60)<br>Auðbjörg                    |
| 10:30 | Hóptími (L)<br>10:45-12:10                   |                                   |  |  | Soft Training (75)<br>Andrea        |       |   |
| 12:00 | World Fit                                    | World Fit                         | World Fit                                  | World Fit                                    | World Fit                           |       | <b>Sunnudagur</b>                             |
| 12:05 | Infrared Warm Yoga (55)<br>Rannveig          |                                   | Warm Yoga (55)<br>Bryndís                  |  |                                     | 10:30 | Infrared Hot Fit (60)<br>Auðbjörg             |
| 12:10 |  | Spinning (50)<br>Guðrún           |  | Infrared Hot Power Flow (50)<br>Guðrún Gísla | Spinning (50)<br>Guðrún             | 12:00 | Buttlift (60)<br>Karen Ósk                    |
| 13:05 | Hóptími (L) til 16:05                        | Hóptími (L) til 14:30             |  | Hóptími (L) til 14:30                        | Hóptími (L) til 14:30               |       |   |
|       |  | Hóptími (L) til 14:30             |  | Hóptími (L) til 14:30                        |                                     |       |   |
| 14:15 |  |                                   |  |  | DSA, Fimleikaval (L)                |       |   |
| 15:00 | DSA, E + D (L)                               | DSA, E (L)                        | DSA, Ballet Val (L)<br>C1+C2+B             | DSA, E (L)                                   |                                     |       |   |
| 15:15 |  |                                   |  |  | DSA, D (L)                          |       |   |
| 16:00 |  |                                   | DSA, söngleikjaval (L)<br>C1+C2+B          |  |                                     |       |   |
| 16:10 |  |                                   |  |  | Infrared Warm Yoga (55)<br>Rannveig |       | <b>Salur 1</b>                                |
| 16:20 | Spinning (60)<br>Krisín Hanna                |                                   |  |  |                                     |       | <b>Salur 2</b>                                |
| 16:20 | Infrared Hot Power Flow (50)<br>Guðrún Gísla |                                   |  |  |                                     |       | <b>Salur 3</b>                                |
| 16:30 |  | Spinning (60)<br>Haffi            |  | Spinning (60)<br>Haffi                       |                                     |       | World fit salur                               |
| 16:30 |  | Infrared Hot Yoga (75)<br>Bryndís |  |  |                                     |       |   |
| 16:45 |  |                                   |  |  | Buttlift (60)<br>Karen Ósk          |       |   |
| 17:15 | DSA, Barre (L)                               |                                   | Soft Training (90)<br>Andrea               | Infrared Hot Yoga (75)<br>Bryndís/Rannveig   |                                     |       |   |
| 17:15 | Power Fit (60)<br>Auðbjörg                   | DSA, D (L)                        | Power Fit (60)<br>Auðbjörg                 | DSA, C2 (L)                                  |                                     |       |   |
| 17:30 |  |                                   |  |  | Infrared Hot Fit (60)<br>Auðbjörg   |       |   |
| 17:30 | World Fit                                    | World Fit                         | World Fit                                  | World Fit                                    | World Fit                           |       |   |
| 17:45 |  | Infrared Hot Fit (60)<br>Auðbjörg |  |  |                                     |       |   |
| 18:15 |  | DSA, C2 (L)                       |  |  |                                     |       | * (x) lengd tíma (L) Lokuð námskeið           |
| 18:30 | Infrared Warm Yoga (75)<br>Sigurbjörg Ósk    |                                   |  |  |                                     |       |   |
| 18:40 |  |                                   | Infrared Foam Flex (60)<br>Guðmundur Óskar | DSA, Barre                                   |                                     |       | *Ath. að tímatafla getur breyst án fyrirvara. |