



## Tímatafla World Class - Vatnsmýri 2021



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:10	CBC Endurance (50) Sædís		CBC Interval (50) Sædís		CBC Interval (50) Kristbjörg	09:45	CBC hjólatími (60) Helga Kristín
						10:00	Infrared HotYoga (75) María Hólm
						10:30	Tabata (50) Jóna Rut
09:00	Infrared HotBodyToning (50) Olga		Infrared HotBodyToning (50) Olga		Infrared HotBodyToning (50) Olga	11:30	Infrared HotFit (45) Jóna Rut
11:00	Hóptími (L) 60				Hóptími (L) 60		
11:50	CBC hjólatími (45) Karitas	CBC hjólatími (45) Helga Kristín	CBC hjólatími (45) Karitas	CBC hjólatími (45) Helga Kristín	CBC hjólatími (45) Karitas		<b>Sunnudagur</b>
12:00	Infrared HotYoga (60) Ann Marie	InfraredMixPilates (50) Karitas	Infrared HotYoga (60) Ann Marie	InfraredMixPilates (50) Karitas	Infrared HotYoga (60) Jóhanna	10:00	Infrared YinYoga (75) Gréta
						10:30	PowerFit (60) Ingunn
16:30	Infrared HotFit (50) Glóey	Infrared HotYoga (60) Ann Marie	Infrared HotFit (50) Glóey	Infrared HotYoga (60) Soffía	Fight (60) Ása	11:00	Hóptími (L) 140 Þrí Brei
16:45			CBC hjólatími (50) Bryndís Rún			11:30	Infrared FoamFlex (50) Guðný/Olga
17:20	CBC hjólatími (50) Oddný	CBC Endurance (70) Sveinn Þráinn		CBC Interval (70) Sveinn Þráinn	Infrared HotYoga (75) María Hólm	11:40	Fight (60) Ása
17:30	Infrared HotYoga (75) Gréta	Tabata (50) Oddný	Infrared HotYoga (75) Gréta	Tabata (50) Oddný			Heitur salur nr.1
17:40	PowerFit (60) Ingunn		PowerFit (60) Ingunn				Hjólalalur nr.2
18:00		Infrared HotFit (50) Halla María		Infrared HotFit (50) Halla María			Hóptímasalur nr.3
18:30		Zumba (60) Ísabella		Zumba (60) Ísabella			WorldFit Salur
19:05	Infrared YinYoga (60) Gréta		Infrared YinYoga (60) Gréta				
							*Ath. að tímatafla getur breyst án fyrirvara.
							*(x) lengd tíma (L) Lokuð námskeið