Tímatafla World Class - Vatnsmýri 2022

KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
09:00						10:00	Infrared HotYoga (75) María Hólm
11:50						11:30	Infrared HotFit (45) Jóna Rut
12:00	Infrared HotYoga (60) Ann Marie		Infrared HotYoga (60) Ann Marie		Infrared HotYoga (60) Jóhanna		
12:00							Sunnudagur
16:00		RAA (L) 75 mín		RAA (L) 75 mín		08:10	Þrí Ægis (L) 120 mín
16:30	Infrared HotFit (50) Berglind	Infrared HotYoga (60) Ann Marie	Infrared HotFit (50) Berglind	Infrared HotYoga (60) Soffía		10:00	Infrared YinYoga (75) Gréta
17:20					Infrared HotYoga (75) María Hólm	11:40	Infrared FoamFlex (50) Guðný/Olga
17:30	Infrared HotYoga (75) Magda		Infrared HotYoga (75) Brynja María				
17:30							
18:00		Infrared HotFit (50) Veronika		Infrared HotFit (50) Veronika			Heitur salur nr.1
19:05	Infrared YinYoga (60) Magda	Yoga for beginners (L) Magda	Infrared YinYoga (60) Brynja María	Yoga for beginners (L) Magda			Hjólasalur nr.2
							WorldFit Salur
					*Ath. að tímatafla getur breyst án fyrirvara.		
					*(x) lengd tíma (L) Lokuð námskeið		