



Tímatafla World Class - Vatnsmýri 2022



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:30	Infrared Pilates & Barre Mix (L)		Infrared Pilates & Barre Mix (L)			10:00	Infrared HotYoga (75) Jóhanna
08:30			Tækjakennsla Ian			11:30	Infrared HotFit (45) Jóna Rut
09:00	Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		
12:00	Infrared HotYoga (60) Ann Marie	Infrared Pilates & Barre Mix (L)	Infrared HotYoga (60) Ann Marie	Infrared Pilates & Barre Mix (L)	Infrared HotYoga (60) Jóhanna		Sunnudagur
16:00		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) Soffia		10:00	Infrared YinYoga (75) Gréta
17:00				RAA (L) 75 mín		11:40	Infrared FoamFlex (50) Guðný/Olga
17:20					Infrared HotYoga (75) María Hólm		
17:30	Infrared HotYoga (75) Magda	Þrí Ægis (L) 70 mín	Infrared HotYoga (75) Magda				
18:00		Infrared HotFit (50) Halla María		Infrared HotFit (50) Halla María			Heitur salur nr.1
19:05	Infrared YinYoga (60) Magda		Infrared YinYoga (60) Magda				Hjólasalur nr.2
							TÆKJASALUR
							*Ath. að tímatafla getur breyst án fyrirvara.
							*(x) lengd tíma (L) Lokuð námskeið