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)			09:45	Hjólatími (60) Helga Kristín
08:30			Tækjakennsla Ían			10:00	Infrared HotYoga (75) Jóhanna
09:00	Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		Hot Body Toning (50) Olga	11:30	Infrared HotFit (45) Jóna Rut
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		
16:00							Sunnudagur
16:30	Infrared HotFit (50) Berglind	Infrared HotYoga (60) Ann Marie	Infrared HotFit (50) Berglind	Infrared HotYoga (60) Soffía		08:10	Þrí Ægis (L) 120 mín
16:30	RAA (L) 75 mín		RAA (L) 75 mín			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	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
20:15	Infrared Hot Butt (50) Sandra Lilja		Infrared Hot Butt (50) Sandra Lilja				TÆKJASALUR
					*Ath. að tímatafla getur breyst án fyrirvara.		
					*(x) lengd tíma (L) Lokuð námskeið		