



# Tímatafla World Class - Mosfellsbær

2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:10	Infrared Hot Fit (50) Þórdís María	Tabata (50) Þórdís María	Hjólatími (45) Eva Dís	Infrared Hot Fit (50) Þórdís María	Tabata (50) Þórdís María	08:30	Hjólatími (90) Einar
06:10	Súperform (L) Berta		Súperform (L) Berta		Súperform (L) Berta	10:00	Infrared HotButt(50) Eva Dís/Þorbjörg
08:15	Infrared Vaxtarmótun(60) Sesselja	Infrared WarmYoga (60) Margrét	Infrared Vaxtarmótun(60) Nanna Björk	Infrared WarmYoga (60) Margrét	Infrared Vaxtarmótun(60) Nanna Björk	11:05	Infrared YinYoga (60) Gréta/Eva H.
09:30		Leikfimi 67+ (L) Berta		Leikfimi 67+ (L) Berta		12:15	Infrared YinYoga (60) Gréta/Eva H.
10:30	MömmuFit (L) Guðrún	Leikfimi 67+ (L) Berta	MömmuFit (L) Guðrún	Leikfimi 67+ (L) Berta	MömmuFit (L) Guðrún		
15:55		Dans 7-9 ára (L)		Dans 7-9 ára (L)			<b>Sunnudagar</b>
16:25	Infrared HotFit (45) Erla		Infrared HotFit (45) Erla				
16:30	Styrkur (50) Sesselja		Pump (50) Sesselja			10:00	Infrared HotFit (50) Ellen Elsa
16:45					Infrared Hot Fit (60) Ellen Elsa	11:15	Infrared YinYoga (75) Marta
16:55		Dans 10-12 ára (L)		Dans 10-12 ára (L)		11:30	Tabata (45) Anna Guðrún
17:15		Infrared HotFit (50) Guðbjörg					
17:20	Infrared HotFit (60) Erla		Infrared HotFit (60) Erla	Karlaprek (50) Garðar			
17:30	Súperform (L) Berta		Súperform (L) Berta				
17:40		Hjólatími (50) Anna Guðrún		Hjólatími (50) Einar			Hóptímasalur nr. 1
18:00	Hjólatími (60) Elías	Karlaprek (60) Garðar		Buttlift (50) Guðbjörg			Heitur salur nr. 2
18:20		Infrared FitPilates (L)		Infrared FitPilates (L)			Hjólásalur nr. 3
18:30	Infrared YinYoga (75) Marta		Infrared HotYoga (60) Eva H.				Tækjasalur
18:35	Hámark (50) Siggi		Hámark (50) Siggi				
19:30	Dans 13-15 ára (L)		Dans 13-15 ára (L)				
19:40			Infrared YinYoga (75) Eva H.				*Ath. að tímatafla getur breyst án fyrirvara.
20:00	Infrared YinYoga (75) Marta	Infrared HotButt(45) Nanna Björk		Infrared HotFit(45) Nanna Björk			
20:30	Dans 16+ (L)		Dans 16+ (L)				