



Tímatafla World Class  
Skólastígur, AK  
2023



KL.	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur		Laugardagur
06:10	World Fit	World Fit	World Fit	World Fit	World Fit	09:30	World Fit
06:10	Infrared HotFit (50) Sandra Sýlvía	Spinning (50) Harpa Ýr	Infrared HotFit (50) Harpa Ýr	Spinning (50) Harpa Ýr		09:30	Infrared Yoga (75) Ósk/Rannveig
06:10				Infrared HotFit (50) Sandra Sýlvía		10:30	World Fit
08:30	World Fit		World Fit		World Fit	11:00	Infrared HotButt (60) Karen Ósk
08:30		Infrared HotButt (60) Karen Ósk		Infrared Upper body (60) Karen Ósk	Infrared HotCore (45) Karen Ósk	12:15	Infrared BarreBurn (50) Sandra/Rannveig
09:30	Infrared Upper body (60) Karen Ósk		Infrared HotButt (60) Karen Ósk				
12:00	World Fit	World Fit	World Fit	World Fit	World Fit		Sunnudagur
12:10	Infrared Yoga (50) Rannveig	Infrared HotFit/FoamFlex (50) Gunnar	Infrared Yoga (50) Rannveig	Infrared HotFit/FoamFlex (50) Gunnar	Infrared HotFit (60) Auðbjörg	10:15	Spinning (60) Ýmsir
12:10					Spinning (50) Hafsteinn	11:00	Infrared HotFit (75) Auðbjörg
14:30		Infrared HotButt (60) Karen Ósk					
16:15	World Fit	World Fit	World Fit	World Fit	World Fit		
16:20	Infrared HotCore (45) Karen Ósk	Infrared Yoga (60) Ósk/Rannveig	Infrared HotCore (45) Karen Ósk		Infrared Vinyasa Yoga (60) Rannveig		Salur 1
16:30				Infrared Zumba(45) Eva Revkjalín			Salur 2
16:40		Spinning (60) Hafsteinn		Spinning (60) Hafsteinn			World fit salur
17:15	Infrared HotFit (60) Auðbjörg		Infrared HotFit (75) Auðbjörg				
17:20				Infrared HotButt (60) Karen Ósk			
17:30		Infrared HotFit (60) Auðbjörg			Infrared Upper body (60) Karen Ósk		
17:30	World Fit	World Fit	World Fit	World Fit	World Fit		
18:30	Infrared Hotfit & Foam(60) Karen Ósk					*Ath. að tímatafla getur breyst án fyrirvara.	
						*(x) lengd tíma (L) Lokuð námskeið	