



Tímatafla World Class - Kringlan 2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:10	Infra BarreFit (L) Tara Sif		Infra BarreFit (L) Tara Sif	Ægir3 (L) 60 mín		08:10	Tindur (L) 120 mín
06:30		Infrared HotFit (45) Kristjana/Ellen		Infrared HotFit (45) Kristjana/Ellen		09:30	Infrared YinYoga (75) Una/Natalía
07:05	Infrared HotFit (50) Glóey		Infrared HotFit (50) Glóey		Infrared HotFit (50) Glóey	11:00	Infrared Hot Fit (45) Kristín Waage
08:30		Infrared HotYoga (60) María Franklín		Infrared HotYoga (60) María Franklín		12:00	Infrared HotYoga (75) Hanna
09:30							
11:50	Tabata (45) Þórdís María	Infrared HotYoga (60) Ann Marie	Tabata (45) Þórdís María	Infrared HotYoga (60) Ann Marie	Tabata (45) Þórdís María		
12:00	Hjólátími (45) Dario	Hámark (50) María/Bryndís	Hjólátími (30) Dario	Hámark (50) María/Bryndís	Infrared Teyggjur & FoamFlex (50) María Franklín		Sunnudagur
12:00			Infrared Teyggjur & FoamFlex (45) María Franklín			08:10	Þrí Breiðablik (L) 140 mín
16:15		BarreBurn (45) Tara Sif		BarreBurn (45) Tara Sif		10:15	Infrared HotYoga (75) Magda
16:30		ButtLift (55) Glóey		Pump (55) Glóey		10:45	PowerFit (60) Ingunn
17:00	Zumba (55) Þórunn		Zumba (55) Þórunn		Zumba (60) Þórunn		
17:05		BarreBurn (45) Tara Sif		BarreBurn (45) Tara Sif			
17:30	Infrared PowerYoga (75) Adda	PowerFit (55) Ingunn	Infrared PowerYoga (75) Adda	PowerFit (55) Ingunn	Infrared RockYoga (75) Adda		
17:30				Þrí Breiðablik (L) 90 mín			
18:00		Infrared YinYoga (75) Rakel Ýrr		Infrared Yin Yoga (75) Rakel Ýrr			Heitur salur nr. 1
18:00	Tabata (45) Oddný		Tabata (45) Oddný				Hóptímasalur nr. 2
18:30			Ægir3 (L) 70 mín				Spinningsalur nr. 3
19:40		DWC 16+ (L)		DWC 16+ (L)			
20:00	Infra-Pilates -Barre (L) Karitas		Infra-Pilates -Barre (L) Karitas			*Ath. að tímatafla getur breyst án fyrirvara.	
21:00	Infra-Pilates -Barre (L) Karitas		Infra-Pilates -Barre (L) Karitas			*(x) lengd tíma (L) Lokuð námskeið	