



Tímatafla World Class - Vatnsmýri 2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:30	Infrared Pilates & Barre Mix (L) Karitas		Infrared Pilates & Barre Mix (L) Karitas			10:00	Infrared HotYoga (75) Jóhanna
07:30		PowerFit (45) Tinna		PowerFit (45) Tinna		10:15	Tabata (50) Olga
08:30			Tækjakennsla Ían			11:30	Infrared HotFit (45) Jóna Rut
09:00	Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		
11:10							
11:50			Hjól (40) Karitas Guðrún		Hjól (40) Karitas Guðrún		Sunnudagur
12:00	Infrared HotYoga (60) Ann Marie	Infrared Pilates & Barre Mix (L) Karitas	Infrared HotYoga (60) Ann Marie	Infrared Pilates & Barre Mix (L) Karitas	Infrared HotYoga (60) Jóhanna	08:10	Þrí Ægis (L) 120 mín
12:10		STRONG by Malín (L)		STRONG by Malín (L)		10:00	Infrared YinYoga (75) Gréta/María Franklin
16:00	Infrared HotFit (50) Berglind	Infrared HotYoga (60) Soffía	Infrared HotFit (50) Berglind	Infrared HotYoga (60) Soffía		11:40	Infrared FoamFlex (50) Guðný/Olga
16:30	RAA (L) 75 mín		RAA (L) 75 mín				
16:30					Infrared HotYoga (75) María Hólm		
17:20	Infrared HotYoga (75) Magda	Þrí Ægis (L) 70 mín	Infrared HotYoga (75) Magda				Heitur salur nr.1
17:30		Infrared HotFit (50) Halla María		Infrared HotFit (50) Halla María			Hjólasalur nr.2
18:00	Infrared YinYoga (60) Magda	Infrared Fit Pilates (L) Sandra Lilja	Infrared YinYoga (60) Magda	Infrared Fit Pilates (L) Sandra Lilja			Salur nr.3
19:05	Infrared Hot Butt (50) Sandra Lilja		Infrared Hot Butt (50) Sandra Lilja				TÆKJASALUR
20:15					*Ath. að tímatafla getur breyst án fyrirvara.		
					* (x) lengd tíma (L) Lokuð námskeið		