



Tímatafla World Class - Hafnarfirði

Vor 2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:10	Infrared HotFit (45) Íris	Infrared HotFit (45) Kartín	Infrared HotFit (45) Íris	Tabata (50) Katrín	Infrared HotFit (45) Íris	09:00	Hjólatími (50) Lára/ Hrönn
08:30		Infrared HotFit (50) Helga Kristín		Infrared HotFit (50) Helga Kristín	Infrared Teyggjur&Foam (60) Stefán	09:30	Infrared HotYoga (60) María Franklin
10:00	Infrared Teyggjur&Foam (60) Pálína		Infrared Teyggjur&Foam (60) Pálína			10:00	Tabata (60) Katrín
12:00	Infrared HotFit (45) Kartín	Infrared HotFit (45) Helga Kristín	Infrared HotButt (45) Veronika	Infrared HotFit (45) Helga Kristín	Infrared HotButt (45) Veronika	11:00	Infrared Teyggjur&Foam(55) María Franklin
12:00			Tækjakennsla(45) Egill				
15:30	DWC 7-9 ára (L)		DWC 7-9 ára (L)				
16:40	DWC 10-12 ára I (L)		DWC 10-12 ára I (L)				Sunnudagur
17:00	Tækjakennsla(45) Egill	Styrkur (45) Bára		Styrkur (45) Bára		08:10	Þr. SH (120) (L)
17:40		Infrared HotFit (50) Pálína		Infrared HotFit (50) Pálína	Infrared HotYoga (75) Jóhanna Karlsd	10:30	Infrared HotYoga (75) Jóhanna Karlsd
17:45		Zumba (50) Bára		Zumba (50) Bára			
18:00	Pump (50) Katrín		Buttlift (50) Katrín				
18:00	Infrared HotYoga (75) Pálína	Þr. SH (60) (L)		Þr. SH (60) (L)			Heitur salur nr. 1
18:15			Infrared HotYoga (60) Pálína				Hóptímasalur nr. 2
18:30	DWC 13-15 ára I (L)		DWC 13-15 ára (L)				Spinningsalur nr. 3
19:00	Bjartur (90) (L)		Bjartur (90) (L)				Tækjasalur
19:10		Infrared YinYoga (75) María F / Erna		Infrared YinYoga (75) María F / Erna			
19:30	DWC 16+ (L)		DWC 16+ (L)				
19:30	Infrared HotFit (50) María K		Infrared HotFit (50) María K				

*Ath. að tímatafla getur breyst án fyrirvara.

*(x) lengd tíma (L) Lokuð námskeið