



# 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	Infrared Hot Fit (45) Eva Dís	Infrared Hot Fit (50) Þórdís María	Tabata (50) Þórdís María	10:00	Infrared HotButt(50) Eva Dís/Þorbjörg
06:10	Súperform (L) Berta		Súperform (L) Berta		Súperform (L) Berta	11:05	Infrared YinYoga (60) Gréta/Eva H.
08:15		Infrared WarmYoga (60) Margrét	Infrared Vaxtarmótun(60) Nanna Björk	Infrared WarmYoga (60) Margrét	Infrared Vaxtarmótun(60) Nanna Björk		
09:30		Leikfimi 67+ (L) Berta		Leikfimi 67+ (L) Berta			
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			10:00	Infrared HotFit (50) Ellen Elsa
16:30	Styrkur (50) Sesselja		Pump (50) Sesselja			11:15	Infrared YinYoga (75) Sylwia
16:45					Infrared Hot Fit (60) Ellen Elsa		
16:55		Dans 10-12 ára (L)		Dans 10-12 ára (L)			
17:15		Infrared HotFit (50) Guðbjörg					
17:20	Infrared HotFit (60) Erla		Infrared HotFit (60) Erla				
17:30	Súperform (L) Berta		Súperform (L) Berta				
18:00	Hjólatími (60) Elías			Buttlíft (50) Guðbjörg			Hóptímasalur nr. 1
18:20		Infrared FitPilates (L)		Infrared FitPilates (L)			Heitur salur nr. 2
18:30	Infrared YinYoga (75) Marta						Hjólasalur nr. 3
18:35	Hámark (50) Siggí		Hámark (50) Siggí				Tækjasalur
19:30	Dans 13-15 ára (L)		Dans 13-15 ára (L)				
19:40			Infrared YinYoga (75) Eva H.				*(x) lengd tíma (L) Lokuð námskeið
20:00		Infrared HotButt(45) Nanna Björk		Infrared HotFit(45) Nanna Björk			*Ath. að tímatafla getur breyst án fyrirvara.
20:30	Dans 16+ (L)		Dans 16+ (L)				