



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	Infrared HotFit (50) Sandra Sýlvía	Infrared HotFit (50) Harpa Ýr	09:30	Infrared Yoga (75) Ósk/Rannveig
08:30	World Fit		World Fit		World Fit	10:30	World Fit
08:30	Infrared HotButt/Core(60) Kristín Gerður	Infrared Upper Body (60) Kristín Gerður	Infrared HotCore & Foam (60) Kristín Gerður	Infrared HotFit (60) Kristín Gerður	Infrared HotButt (60) Kristín Gerður	11:00	Infrared HotFit (60) Kristín Gerður
12:00	World Fit	World Fit	World Fit	World Fit	World Fit	12:15	Infrared BarreBurn (50) Sandra/Rannveig
12:10	Infrared Yoga (50) Rannveig	Infrared HotFit/FoamFlex (50) Gunnar	Infrared Yoga (50) Rannveig	Infrared HotFit/FoamFlex (50) Gunnar	Infrared HotFit (60) Auðbjörg		Sunnudagur
12:10						10:00	World Fit OLY
16:15	World Fit	World Fit	World Fit	World Fit	World Fit	10:15	Spinning (60) Ýmsir
16:20	Infrared HotCore (45) Ásdís/Ásta	Infrared Yoga (60) Ósk/Rannveig	Infrared Upper Body (45) Ásdís/Ásta		Infrared Vinyasa Yoga (60) Rannveig	11:00	Infrared HotFit (75) Auðbjörg
16:30				Infrared Zumba(55) Eva Revkjalín			
16:40		Spinning (60) Kristín Hanna					
17:15	Infrared HotFit (60) Auðbjörg		Infrared HotFit (75) Auðbjörg				Salur 1
17:30		Infrared HotFit (60) Auðbjörg		Infrared HotFit (60) Auðbjörg	Infrared HotButt/Core (60) Ásdís/Ásta		Salur 2
17:30	World Fit	World Fit	World Fit	World Fit	World Fit		World fit salur
18:30	Infrared Yoga (75) Ósk						*Ath. að tímatafla getur breyst án fyrirvara.
							*(x) lengd tíma (L) Lokuð námskeið