



Tímatafla World Class - Vatnsmýri 2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:20	Infrared Pilates & Barre Mix (L) Karitas		Infrared Pilates & Barre Mix (L) Karitas		Infrared Pilates & Barre Mix (L) Karitas	10:00	Infrared HotYoga (75) Jóhanna
07:20	Infrared Pilates & Barre Mix (L) Karitas		Infrared Pilates & Barre Mix (L) Karitas		Infrared Pilates & Barre Mix (L) Karitas	10:15	Tabata (50) Olga
07:30		PowerFit (45) Tinna		PowerFit (45) Tinna		11:30	Infrared HotFit (45) Jóna Rut
08:45	Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		Hot Body Toning (50) Olga		
11:45					Hjól (45) Dario		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
16:30	Infrared HotFit (50) Berglind	Infrared HotYoga (60) María Franklin	Infrared HotFit (50) Berglind	Infrared HotYoga (60) María Franklin		10:00	Infrared YinYoga (75) Gréta/María Franklin
16:30	Hjólátími (75) Viðar		Hjólátími (75) Viðar			11:40	Infrared FoamFlex (50) Guðný/Olga
17:00			Fight (50) Ása		Fight (50) Ása		
17:15	Tabata (45) Sveinn Þráinn			Tabata (45) Ása			
17:20					Infrared PowerYoga (75) María Hólm		
17:30		Buttlift (55) Sandra Lilja					
17:30	Infrared HotYoga (75) Magda	Þrí Ægis (L) 70 mín	Infrared HotYoga (75) Magda				Heitur salur nr.1
18:00		Infrared HotFit (50) Halla María		Infrared HotFit (50) Halla María			Hjólasalur nr.2
19:05	Infrared YinYoga (60) Magda	Infrared Barre Fit (L) Sandra Lilja	Infrared YinYoga (60) Magda	Infrared Barre Fit (L) Sandra Lilja			Salur nr.3
19:15	Hámark (50) Oddný		Hámark (50) Oddný				TÆKJASALUR
20:15	Infrared Hot Butt (50) Sandra Lilja		Infrared Hot Fit (50) Sandra Lilja				
					*Ath. að tímatafla getur breyst án fyrirvara.		
					* (x) lengd tíma (L) Lokuð námskeið		