

## Holdplan

Ugedag	Navn	Tidspunkt
<b>Mandag</b>	Body Toning	09:30 10:40
	Body Toning	10:50 12:00
	Lyn Bodybike	16:30 17:10
	X-Fit ude	17:15 18:15
	Puls og Core	17:30 18:30
	Yoga mandag	18:35 19:35
<b>Tirsdag</b>	GYM	09:00 10:00
	Yoga	10:30 11:40
	Puls og core	17:15 18:25
<b>Onsdag</b>	Pilates	09:00 10:10
	Lyn BodyBike	16:30 17:10
	X-Fit ude	17:15 18:15
<b>Torsdag</b>	Pilates	10:00 11:10
	BodyBike	17:15 18:15
<b>Fredag</b>	Body Toning	09:30 10:40
	Yoga	11:00 12:10
<b>Lørdag</b>	BodyBike	08:45 09:45
<b>Søndag</b>	Body Toning	10:00 11:00

**Der tages forbehold for aflysninger**