



Jule holdplan 2017

SØNDAG d.24 december

08.00-08.45 Jule biking

08.15-08.45 CXWORX

08.55-09.55 Jule BODYPUMP

09.00-09.45 Jule biking

10.00-11.00 BODYFLOW

10.00-11.00 X-trainer øvet

Instruktør

Jens

Susanne

Peter

Sarsa

Paya

Carsten J

Sted

Biking

Holdsalen

Holdsalen

Biking

Holdsalen

Biking

MANDAG d.25. december

08.00-08.45 X-trainer øvet

09.00-09.45 X-trainer basis

09.00-10.00 Funktionel træning

10.00-10.45 X-trainer øvet

10.00-10.55 Jule MBL

Instruktør

Jens

Michael

Torben Kibøl

Lars

Stine

Sted

Biking

Biking

Funktionel Træning

Biking

Holdsalen

TIRSDAG d.26 december

08.00-08.45 X-trainer øvet

09.00-10.00 Intelligent cycling

09.00-09.55 MBL Jule speciel

10.00-10.30 CXWORX

10.00-11.00 BODYFLOW

10.35-11.05 GRIT CARDIO

10.15-11.45 Intelligent-cycling

Sarsa

Jens

Stine

Paya

Christa

Paya

Jens

Biking

Biking

Holdsalen

Holdsalen

Yoga Salen

Holdsalen

Biking



SØNDAG d.31 december

08.00-08.45 X-trainer øvet

08.55-09.55 SCALA Nytårs power

09.00-09.45 Intelligent cycling

10.00-11.00 BODYFLOW

10.00-11.00 X-trainer øvet

Sussi

Peter

Jens

Christa

Per

Biking

Holdsalen

Biking

Holdsalen

Biking

MANDAG d.1 januar

12.00-13.00 Nytårs biking

Per

Biking