



# ALLHELGONADAGS HELGEN SCHEMA & ÖPPETTIDER

## 4/11 LÖRDAG

**ÖPPET 07.30-18:00**

- 09:00 BODYPUMP 30min.....Sussie
- 09:30 GRIT Strength 30min.....Katrin
- 10:00 CXWORK 30min.....Sussie
- 10:30 BODYBIKE 50min.....Putte
- 10:30 CROSSFIT Tyngdlyftningsklass 90min
- 10:30 ZUMBA Team special 90min.....Maria & Susanne

## 5/11 SÖNDAG

**ÖPPET 08.30-19:30**

- 10:30 STRONG BY ZUMBA 60min.....Susanne G
- 11:00 CROSSFIT Allhelgona WOD
- 11:30 BODYBIKE Special 90min.....Katrin
- 16:30 POWERYOGA 60min.....Sussie

# NAJADENS FITNESS CENTER

Handens Stationsväg 27, Handenterminalen  
Tel: 08-7770670, 08-7410670

[www.najadensgym.se](http://www.najadensgym.se)  
[www.vegacrossfit.se](http://www.vegacrossfit.se)

Vi finns på:

