

# NAJADENS

FITNESS CENTER

## HÖSTSCHEMA 2017, vecka 35-49

### Måndag

11:30 CIRKELPASS 45min	Katrin
17:30 CROSSFIT	
17:45 CXWORK 30min	Sussie
18:15 MOVEMENT	Gustav
18:20 BODYBIKE Sprint 30min	Sussie
18:40 CROSSFIT Motionär 45min	
19:15 ZUMBA	Maria

### Tisdag

06:30 BODYBIKE 45min	Katrin
10:00 SENIORFIT 45min	Katrin
12:00 GUBBYOGA 45min	Anna
17:30 BODYBIKE Sprint 30min	Sussie
17:30 BOOTCAMP Utomhus	Naprapat Gustav
17:30 CROSSFIT	
18:00 BODYPUMP	Nina
18:40 CROSSFIT Mobility/Skill	
19:00 YOGA	Hanna

### Onsdag

06:30 CROSSFIT Morgonpass	
17:30 ZUMBA 45min	Susanne G
17:30 CROSSFIT	
17:45 BODYBIKE RPM 45min	Katrin
18:30 BEN/GLUTEUS 45min	Viktor
18:40 CROSSFIT Motionär 45min	
19:15 STEP 45min	Viktor

### Torsdag

08:00 CROSSFIT Morgonpass	
10:00 SENIORFIT 45min	Anton
11:30 3D CIRKEL 45min	Anton
17:30 CROSSFIT Motionär 45min	
17:45 3D CIRKEL	Anton
18:45 CXWORK 30min	Esther
18:30 BODYBIKE 40min	Viktor
18:30 CROSSFIT	
19:15 BODYPUMP 45min	Viktor

### Fredag

06:30 BODYBIKE RPM 45min	Katrin
11:30 GRIT STRENGTH 30min	Katrin
11:30 CROSSFIT Dinosauriejympa 90min	
17:00 CROSSFIT Tävlingsgrupp	

### Lördag

09:00 BODYBIKE 50min	Putte
10:00 BODYPUMP	Nina
10:30 CROSSFIT Team WOD	
11:00 ZUMBA	Maria

### Söndag

10:30 POWERYOGA 60min	Sussie
11:00 CROSSFIT Tyngdlyftningsklass	
11:30 BODYBIKE 30min	Sussie
17:00 BODY COMBAT 45min	Pia
17:45 SH'BAM 30min	Pia

## ORDINARIE ÖPPETTIDER

Måndag	05:30 – 22:00
Tisdag	05:30 – 22:00
Onsdag	05:30 – 22:00
Torsdag	05:30 – 22:00
Fredag	05:30 – 20:00
Lördag	07:30 – 18:00
Söndag	09:30 – 20:00

CROSSFITKLASSER ENDAST FÖR VEGA CROSSFITMEDLEMMAR



NAJADENS  
FITNESS CENTER

VEGA CROSSFIT

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