

# NAJADENS

## FITNESS CENTER

### SOMMAR SCHEMA, vecka 23-25 & 33-34

#### ORDINARIE ÖPPETTIDER

måndag – torsdag 05:30 – 22:00, fredag 05:30 – 20:00, lördag 07:30 – 18:00, söndag 09:30 – 20:00

Sveriges Nationaldag 6juni Öppet: 07:30-16:00

Midsommarafton 23juni Öppet: 08:30-12:00, Midsommardagen Stängt

### Måndag

11:30 CIRKELPASS 45min	Katrin
17:30 CXWORK 30min	Sussie
17:30 CROSSFIT	
18:00 BODYPUMP	Nina
18:05 BODYBIKE Sprint 30min	Sussie
18:40 CROSSFIT Motionär 45min	
19:00 ZUMBA	Maria

### Tisdag

06:30 BODYBIKE 45min	Katrin
10:00 SENIORFIT 45min	Denise
17:30 CROSSFIT	
18:00 BODYBIKE 45min	Sussie
18:00 BODYCOMBAT	Pia
18:40 CROSSFIT Mobility /Skill	
19:00 POWERYOGA	Sussie

### Onsdag

06:30 CROSSFIT Morgonpass	
17:30 CROSSFIT	
17:45 BODYBIKE RPM 45min	Katrin
18:30 BEN/GLUTEUS 45min	Viktor
18:40 CROSSFIT Motionär 45min	

### Torsdag

08:00 CROSSFIT Morgonpass	
10:00 SENIORFIT 45min	Anton
11:30 3D CIRKEL 45min	Anton
17:30 CROSSFIT Motionär 45min	
18:00 CXWORK/CORE 30min	Esther
18:30 CROSSFIT	
18:30 3D CIRKEL/M.F.T 60min	Anton

### Fredag

06:30 BODYBIKE RPM 45min	Katrin
11:30 CROSSFIT Dinosauriejympa, 90min	
11:30 GRIT STRENGTH 30min	Denise
12:05 BODYBIKE Sprint 30min	Denise
17:00 CROSSFIT Tävlingsgrupp	

### Lördag

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

### Söndag

11:00 CROSSFIT Tyngdlyftningsklass	
17:00 FUNCTIONAL STRENGTH	Viktor



Ingen Barnpassning vecka 23-34.

