

# NAJADENS

FITNESS CENTER

GRUPPTRÄNING VÅREN 2018, Vecka 02-22

## Måndag

11:30 CIRKELPASS 45min      Katrin  
17:45 CXWORK 30min      Sussie  
18:20 BODYBIKE Sprint 30min      Sussie  
18:15 3D MOVE / FYS      Gustav  
19:15 YOGA      Hanna

## Tisdag

06:30 BODYBIKE 45min      Katrin  
10:00 SENIORFIT 45min      Katrin  
12:00 GUBBYOGA 45min      Anna  
17:40 BODYBIKE Sprint 30min      Marie-Louise  
18:15 BODYPUMP 45min      Nina  
19:00 ZUMBA      Maria

## Onsdag

06:30 YOGA 45min      Hanna  
18:00 CXWORK 30min      Katrin  
18:30 BODYBIKE RPM 45min      Katrin  
18:30 BEN/GLUTEUS 45min      Viktor  
19:15 CARDIO BOX 45min      Viktor

## Torsdag

10:00 SENIORFIT 45min      Anton  
11:30 CIRKEL 45min      Anton  
17:30 3D MOVE / FYS 45min      Anton  
18:00 BODYBIKE Sprint 30min      Sussie  
18:30 BODYCOMBAT      Yang

## Fredag

06:30 BODYBIKE RPM 45min      Katrin  
11:30 GRIT STRENGTH 30min      Katrin

## Lördag BARNPASSNING 09:30-12:30

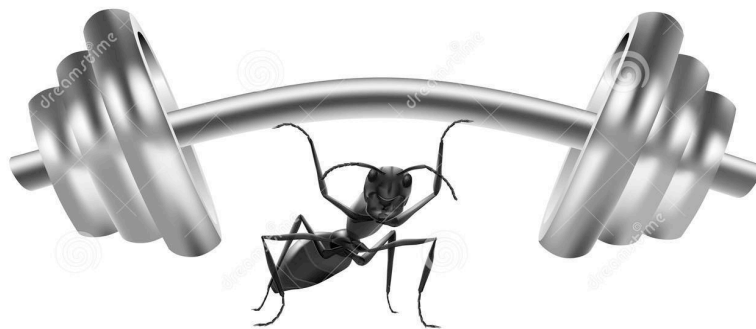
09:00 BODYBIKE 50min      Putte  
10:00 BODYPUMP      Nina  
11:00 ZUMBA      Maria

## Söndag BARNPASSNING 10:00-13:00

11:00 POWERYOGA 55min      Sussie  
12:00 BODYBIKE 30min      Sussie  
16:30 STRONG BY ZUMBA      Susanne G

## 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      08:30 – 19:30



NAJADENS  
FITNESS CENTER

VEGA CROSSFIT

Handens Stationsväg 27  
136 40 Handen

Telefon: 08-741 06 70 alt. 08-777 06 70

E-post: [info@najadensgym.se](mailto:info@najadensgym.se)

Facebook: Najadens Fitness Center

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