



Family Sports and Fun

TID	TORSDAG	FREDAG	LÖRDAG	SÖNDAG	MÅNDAG	TISDAG	ONSDAG	TORSDAG
08.00-08.40	-		FamilyYoga		FamilyYoga		FamilyYoga	-
10.00-11.00	-	Family-Bootcamp	Family-WOD	Functional Training	Family-WOD	Family-Bootcamp	Functional Training	-
12.15-12.45	-	Aqua				Aqua		-
15.00-16.00	-	Family-Football		Dance			Family-Football	-

Workout and Inspiration

TID	TORSDAG	FREDAG	LÖRDAG	SÖNDAG	MÅNDAG	TISDAG	ONSDAG	TORSDAG
08.00-08.50	-		Yoga		Yoga	Yoga		-
10.00-11.00	-	Workout	Bootcamp	-	Workout	Intervalls	Workout	-
10.00 -11.30				Workout (workshop)				
12.15-12.45	-	Aqua		Aqua			Aqua	-
15.00-16.00	-	Core	Workout	Intervalls	Core	Workout	Yin Yoga	-