SCHEMA GRUPPTRÄNING HÖSTEN 2018

v. 34-51

Måndag

11.00 **Circle 40**
16.15 **Gympa basic 40**
17.00 **Gympa 55**
17.10 **Spinning pulse 45**
17.30 **Cycling outdoor 90** 8 veckor, v. 34-41
18.00 **Spinning 60** v. 42-51
18.00 **Power mobility 40**
19.00 **Circle Tabata 40**
19.00 **Totalfit 60**
20.00 **Badminton 60**

Tisdag

10.00 **Gympa 60+ 40**
10.50 **Gympa baby 50**
12.00 **Power mobility 30**
15.30 **Circle gym 40**
18.00 **Spinning 45**
18.00 **Running outdoor 60**
19.00 **Zoltarse 50**
19.30 **Totalfit 60**

Onsdag

10.00 **Circle rehab 40**
11.00 **Tikva stretch 30**
17.00 **Circle 40**
18.00 **Spinning 40**
19.00 **Power step 55**
19.00 **Totalfit outdoor 60** *(Start v. 35)*
20.00 **Tikva stretch 40**
20.00 **Innebandy 60**

Torsdag

8.30 **Spinning power 45**
11.00 **Gympa basic 40**
11.00 **Circle gym 40**
11.45 **Tikva relax 30**
17.10 **Spinning intervall 45**
17.30 **Power mix 50**
18.20 **Core 40**
20.00 **Totalfit 60**
20.00 **Volleyboll 60**

Fredag

10.30 **Spinning 30**
11.00 **Gympa 45**
17.15 **Spinning 45**
17.15 **Totalfit 60**
18.00 **Innebandy 60**

Lördag

10.00 **Totalfit 60**
10.00 **Circle family 60**

Söndag

18.00 **Totalfit 60**

GYMMET HAR ÖPPET ALLA DAGAR 5-22
WWW.SIMSONGYM.SE

SIMSON
Kungsportens Friskvårdscenter