

MANDAG		TIRSDAG		ONSDAG		TORSDAG		FREDAG		INFORMASJON	
09:15	Seniorstyrke 45 Lise	09:00	Seniorsaltrening 60 Kari-Anne	08:20	Spin 30 Lise	09:00	Seniorsaltrening 60 Kari-Anne	09:15	CircleChallenge 45 Bosse	Fargebeskrivelse	
10:15	Spin 45 Lise	10:00	Zumba 45 Kristine	09:00	Circle Challenge 45 Kristine	10:05	Spin 30 Lise	10:05	Spin 30 Bosse	Aerobic/Dans	
11:15	Pilates Roddy	10:15	VirtuellSpin 50	16:30	Squashskole 1 Bosse	10:35	VirtuellSpin 50	10:45	Yoga 60 Agata	Kropp og sjel	
17:45	Karate Videreg. 75 Tor Anders	10:45	CXWORX 30 Kristine	17:30	Squash Ungdom2 60	10:40	TRX 45 Lise	17:00	Karate Kids 60 Birger	Styrke	
17:45	BodyStep 30 Anita JB	11:20	Yin Yoga 60 Jeanette	17:45	Karate Videreg. 75 Cathrine	11:30	Pilates 60 Roddy	17:30	Spin 50 Anita B	Sykkel/Kondis	
18:00	Yoga 90 Daniel	17:45	Karate Kids 75 Birger	17:45	Sh'bam 45 Anita JB	17:45	Karate Nybegynner 75 Lars Kristian	18:00	Karate Alle 90 Birger	Ungdom/Barn	
18:10	CircleChallenge 45 Roddy	17:45	Aerobic 30 Elisabeth	18:15	Spin 60 Lena	17:45	Magedans 75 nivå 1 Aleka	18:30	Basis Styrke 60 Rullering	Senior	
18:15	CXWORX 30 Anita JB	18:15	TRX 30 Ofar	18:30	Squashskole 2 Bosse	17:45	Aerobic 30 Elisabeth	LØRDAG		Høyintensitet	
18:30	Grappling 90 Xpress avd.	18:15	MRL 30 Elisabeth	18:30	Grappling 90 Xpress avd.	18:15	MRL 30 Elisabeth	10:15	TRX 45 Inger/Vibeke	Spesialkurs	
18:50	Zumba 55 Kristine	18:30	MMA Basics Xpress avd.	18:30	BodyStep 45 Anita JB	18:30	MMA Basics Xpress avd.	11:00	Aerobic/Dance 60 Rullering	Xpress avd.	
19:00	Spin 45 Tohny	18:50	Grit Athletic 30 Ofar	19:00	Karate KDP 90 Thomas	18:45	Zumba 45 Kristine	11:15	Spin 45 Rullering	Karate	
19:00	Karate KDP 90 Thomas	19:00	Karate Nybegynner 75 Cathrine	19:20	BodyPump 60 Trine/Silje	19:00	Karate Alle 75 Johan	12:05	Yoga 60 Rullering	Åpningstider	
19:40	BodyAttack 60 Gisle	19:00	Spin 45- RPM Lise	19:20	RunRideRow 30 Bosse	19:10	Circle Challenge 45 Ofar	12:05	BodyPump 60 Rullering	Alle dager 05:00 - 24:00	
19:50	BodyPump 45 Roddy	19:30	Dance 55 Linn	20:00	Selvforsvar Xpress avd.	19:15	Spin 45 Anita B	Bemannings		Man-torsdag 09:00 - 21:00	
20:00	MMA Intro 60 Xpress avd.	20:00	MMA Intro 60 Xpress avd.	20:00	Basis Styrke 30 Bosse	19:30	CXWORX 30 Kristine	11:00	Aerobic/Dans 45 Rullering	Fredag 09:00 - 15:30	
20:40	Grit Strength 30 Mette	20:00	RunRideRow 30 Ofar	20:30	Pilates 30 Bosse	20:00	MMA Intro 90 Xpress avd.	11:00	Spin 45 Anita B	Lør-søndag 10:00 - 13:30	
		20:30	Yoga 60 Renathe			20:05	BodyBalance 60 May	11:45	MRL/CXWORX 30 Rullering	Barnepass	
		20:30	Circle Challenge 30 Ofar			20:05	BodyPump 60 Ofar			Man-torsdag 17:30 - 20:00	
										Fredag ingen pass	
										Lørdag 10:00 - 13:15	
										Søndag 11:00 - 13:00	
										Kontaktinformasjon	
										Myrveien 10, 1430 Ås	
										Telefon: 64 94 29 00	
										post@aastrainingssenter.no	