

| MANDAG 23/09 | | TIRSDAG 24/09 | | ONSDAG 25/09 | | TORSDAG 26/09 | | FREDAG 27/09 | | 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 | 10:05 | 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 | 10:50 | 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 | 11:30 | Yin Yoga 60 Jeanette | 17:45 | Karate Videreg. 75 Cathrine | 11:30 | Pilates 60 Roddy | 17:30 | Spin 50 Anita B | Sykel/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 Vibeke | Senior | |
| 18:15 | CXWORX 30 Anita JB | 18:15 | TRX 30 Ofar | 18:30 | Squashskole 2 Bosse | 17:45 | Aerobic 30 Elisabeth | LØRDAG 28/09 | | 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 | Spesialkurs | |
| 18:50 | Zumba 55 Kristine | 18:30 | MMA Basics Xpress avd. | 18:30 | BodyStep 45 Anita JB | 18:30 | Muay Thai 90 Xpress avd. | 11:00 | Funky Reggae 60 Torgunn | Xpress avd. | |
| 19:00 | Spin 45 Tohny | 18:50 | Grit Strength 30 Ofar | 19:00 | Karate KDP 90 Thomas | 18:50 | Dance 40 Kristine | 11:15 | Spin 45 Bosse | Karate | |
| 19:00 | Karate KDP 90 Thomas | 19:00 | Karate Nybegynner 75 Cathrine | 19:20 | BodyPump 60 Silje | 19:00 | Karate Alle 75 Johan | 12:05 | Yoga 60 Torgunn | 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 Silje | Alle dager 05:00 - 24:00 | |
| 19:50 | BodyPump 45 Roddy | 19:30 | Dance 55 Linn | 20:00 | Selvforsvar 60 Xpress avd. | 19:15 | Spin 45 Anita B | LØRDAG 28/09 | | Bemanning | |
| 20:00 | Grappling Fundament Xpress avd. | 20:00 | Wrestling Fundament Xpress avd. | 20:00 | Basis Styrke 30 Bosse | 19:30 | CXWORX 30 Kristine | 10:15 | TRX 45 Inger | Man-torsdag 09:00 - 21:00 | |
| 20:40 | Grit Strength 30 Mette | 20:00 | RunRideRow 30 Ofar | 20:30 | Pilates 30 Bosse | 20:00 | Muay Thai Fundament Xpress avd. | 11:00 | BodyAttack 45 Manjola | Fredag 09:00 - 15:30 | |
| | | 20:30 | Yoga 60 Renathe | | | 20:05 | BodyBalance 60 May | 11:45 | BasisStyrke 30 Manjola | Lør-søndag 10:00 - 13:30 | |
| | | 20:30 | Circle Challenge 30 Ofar | | | 20:05 | BodyPump 60 Ofar | | | Barnepass | |
| | | | | | | | | | | Man-torsdag 17:30 - 20:00 | |
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| | | | | | | | | | | Myrveien 10, 1430 Ås | |
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