

MANDAG 16/09		TIRSDAG 17/09		ONSDAG 18/09		TORSDAG 19/09		FREDAG 20/09		INFORMASJON	
09:15	<b>Seniorstyrke 45</b> Lise	09:00	<b>Seniorsaltrening 60</b> Kari-Anne	08:20	<b>Spin 30</b> Lise	09:00	<b>Seniorsaltrening 60</b> Kari-Anne	09:15	<b>CircleChallenge 45</b> Bosse	<b>Fargebeskrivelse</b>	
10:15	<b>Spin 45</b> Lise	10:05	<b>Zumba 45</b> Kari-Anne	09:00	<b>Circle Challenge 45</b> Kristine	10:05	<b>Spin 30</b> Lise	10:05	<b>Spin 30</b> Bosse	Aerobic/Dans	
11:15	<b>Pilates</b> Roddy	10:15	<b>VirtuellSpin 50</b>	16:30	<b>Squashskole 1</b> Bosse	10:35	<b>VirtuellSpin 50</b>	10:45	<b>Yoga 60</b> Benedikte	Kropp og sjel	
17:45	<b>Karate Videreg. 75</b> Tor Anders	10:50	<b>CXWORX 30</b>	17:30	<b>Squash Ungdom2 60</b> Bosse	10:40	<b>TRX 45</b> Lise	17:00	<b>Karate Kids 60</b> Birger	Styrke	
17:45	<b>Aerobic 30</b> Elisabeth	11:30	<b>Yoga 60</b> Shiran	17:45	<b>Karate Videreg. 75</b> Cathrine	11:30	<b>Pilates 60</b> Roddy	17:30	<b>Spin 50</b> Anita B	Sykkel/Kondis	
18:00	<b>Yoga 90</b> Jeanette	17:45	<b>Karate Kids 75</b> Birger	17:45	<b>Sh'bam 45</b> Anita JB	17:45	<b>Karate Nybegynner 75</b> Lars Kristian	18:00	<b>Karate Alle 90</b> Birger	Ungdom/Barn	
18:10	<b>CircleChallenge 45</b> Roddy	17:45	<b>Aerobic 30</b> Elisabeth	18:15	<b>Spin 60</b> Lena	17:45	<b>Magedans 75 nivå 1</b> Aleka	18:30	<b>Basis Styrke 60</b> Vibeke	Senior	
18:15	<b>MRL 30</b> Elisabeth	18:15	<b>TRX 30</b> Ofer	18:30	<b>Squashskole 2</b> Bosse	17:45	<b>Aerobic 30</b> Elisabeth	<b>LØRDAG 21/09</b>		Høyintensitet	
18:30	<b>Grappling 90</b> Xpress avd.	18:15	<b>MRL 30</b> Elisabeth	18:30	<b>Grappling 90</b> Xpress avd.	18:15	<b>MRL 30</b> Elisabeth	10:15	<b>TRX 45</b> Inger	Spesialkurs	
18:50	<b>Zumba 55</b> Kristine	18:30	<b>MMA Basics 90</b> Xpress avd.	18:30	<b>BodyStep 45</b> Anita JB	18:30	<b>Muay Thai 90</b> Xpress avd.	11:00	<b>BodyAttack 60</b> Manjola	Xpress avd.	
19:00	<b>Spin 45</b> Tohny	18:50	<b>Grit Strength 30</b> Ofer	19:00	<b>Karate KDP 90</b> Thomas	18:45	<b>Sh'bam 45</b> Anita JB	11:15	<b>Spin 45</b> Gisle	Karate	
19:00	<b>Karate KDP 90</b> Thomas	19:00	<b>Karate Nybegynner 75</b> Cathrine	19:20	<b>BodyPump 60</b> Trine	19:00	<b>Karate Alle 75</b> Johan	12:05	<b>Yoga 60</b> Shiran	<b>Åpningstider</b>	
19:40	<b>BodyAttack 60</b> Manjola	19:00	<b>Spin 45- RPM</b> Lise	19:20	<b>RunRideRow 30</b> Bosse	19:10	<b>Circle Challenge 45</b> Ofer	12:05	<b>BodyPump 60</b> Gisle	Alle dager 05:00 - 24:00	
19:50	<b>BodyPump 45</b> Roddy	19:30	<b>BodyAttack 60</b> Manjola	20:00	<b>Selvforsvar 60</b> Xpress avd.	19:15	<b>Spin 45</b> Anita B	<b>SØNDAG 22/09</b>		<b>Bemanning</b>	
20:00	<b>Grappling Fundament</b> Xpress avd.	20:00	<b>Wrestling Fundament</b> Xpress avd.	20:00	<b>Basis Styrke 30</b> Bosse	19:30	<b>CXWORX 30</b> Anita JB	11:00	<b>Aerobic 45</b> May	Man-torsdag 09:00 - 21:00	
20:40	<b>Grit Strength 30</b> Mette	20:00	<b>RunRideRow 30</b> Ofer	20:30	<b>Pilates 30</b> Bosse	20:00	<b>Muay Thai Fundament</b> Xpress avd.	11:00	<b>Spin 45</b> Vibeke	Fredag 09:00 - 15:30	
		20:30	<b>Yoga 60</b> Renathe			20:05	<b>BodyBalance 60</b> May	11:45	<b>MRL 30</b> May	Lør-søndag 10:00 - 13:30	
		20:30	<b>Circle Challenge 30</b> Ofer			20:05	<b>BodyPump 60</b> Ofer			<b>Barnepass</b>	
										Man-torsdag 17:30 - 20:00	
										Onsdag 17:30-20:30	
										Lørdag 10:00 - 13:15	
										Søndag 11:00 - 13:00	
										<b>Kontaktinformasjon</b>	
										Myrveien 10, 1430 Ås	
										Telefon: 64 94 29 00	
										<a href="mailto:post@aastreringscenter.no">post@aastreringscenter.no</a>	