

MANDAG 18/01		TIRSDAG 19/01		ONSDAG 20/01		TORSDAG 21/01		FREDAG 22/01		INFORMASJON	
09:00	Seniorstyrke 45 Bosse	09:00	Seniorsaltrening 60 Kari-Anne	09:00	Spin 30 Bosse	09:00	Spin 30 Marianne	09:00	CircleChallenge 45 Marianne	Fargebeskrivelse	
10:00	Spin 30 Bosse	10:15	Zumba+Core 75 Kristine	09:45	Circle Challenge 45 Bosse	09:00	Seniorsaltrening 60 Kari-Anne	10:00	Spin 30 Marianne	Aerobic/Dans	
11:15	Pilates Bosse	11:45	Yin Yoga 60 Jeanette	16:30	Squashskole 1 Bosse	09:45	TRX 45 Marianne	17:30	Spin 50 Anita B	Kropp og sjel	
17:00	Circle Challenge 45 Roddy	17:45	Aerobic 30+MRL 30 Elisabeth	17:30	Squash Ungdom2 60 Bosse	17:45	Aerobic 30+MRL 30 Elisabeth	LØRDAG 23/01		Styrke	
17:45	Zumba 45 Kristine	18:00	TRX 30 Ofer	17:45	Sh'bam 45 Anita JB	18:30	Muay Thai 90 Xpress avd.	10:00	TRX 45 Rullering	Syssel/Barn	
18:00	Circle Challenge 45 Roddy	18:30	MMA Basics Xpress avd.	18:30	Spin 60 Lena/Martin	19:00	Dance 55 Kristine	10:00	Sh'bam 45 May	Ungdom/Barn	
18:15	VinyasaYoga 75 Inger	18:45	BodyPump 45 Ofer	18:30	Squashskole 2 Bosse	19:15	BodyAttack 45 Gisle	10:15	Spin 45 Susanna	Senior	
18:30	Grappling 90 Xpress avd.	18:50	Spin 45- RPM Anita JB	18:30	Grappling 90 Xpress avd.	19:15	Spin 45- RPM Tohunny	11:15	Yoga 60 Inger	Høyintensitet	
18:45	BodyStep 45 Silje	19:40	Circle Challenge 50 Marianne Vik	18:45	BodyStep 45 Anita JB	20:00	Muay Thai Fundament Xpress avd.	11:15	BodyPump 55 Silje	Spesialkurs	
18:50	Spin 45 Marianne Vik	19:45	CXWORX 30 Anita JB	19:15	Circle Challenge 30 Bosse	20:10	BodyPump 55 Trine	SØNDAG 24/01		Xpress avd.	
19:45	BodyAttack 55 Susanne	19:45	FunkyReggae 55 Torgunn	19:45	BodyPump 55 Silje	20:15	BodyBalance 60 May	11:00	Sh'bam 45 May	Karate	
19:45	BodyPump 45 Silje	20:00	Wrestling Fundament Xpress avd.	20:00	Selvforsvar 60 Xpress avd.			11:00	Spin 45 Anita B		
19:45	Spin 30 Marianne Vik	20:30	Yoga 60 Renathe	20:00	BootCamp 60 Bosse			11:45	MRL 30 May		
20:00	Grappling Fundament Xpress avd.										
20:45	Grit Strength 30 Mette										
										Åpningstider	
										Alle dager 05:00 - 24:00	
										Kontaktinformasjon	
										Myrveien 10, 1430 Ås	
										Telefon: 64 94 29 00	
										post@aastrningscenter.no	