

MANDAG 06.02		TIRSDAG 07.02		ONSDAG 08.02		TORSDAG 09.02		FREDAG 10.02		INFORMASJON	
09:00	<b>Seniorstyrke 45</b> Roddy	09:00	<b>Seniorsaltrening 60</b> Kari-Anne	09:00	<b>Spin 30</b> Sondre	09:00	<b>Seniorsaltrening 60</b> Kari-Anne	09:00	<b>Spin 30</b> Bosse	<b>Fargebeskrivelse</b>	
10:00	<b>Spin 30</b> Roddy	10:15	<b>Zumba 45</b> Kristine	09:45	<b>Circle Challenge 45</b> Sondre	10:30	<b>TRX 45</b> Sondre	09:45	<b>CircleChallenge 45</b> Bosse	Aerobic/Dans	
10:50	<b>Pilates 60</b> Roddy	11:05	<b>Core 30</b> Kristine	16:00	<b>Squashskole 1</b> Bosse	11:30	<b>Pilates 60</b> Sondre	17:30	<b>Spin 50</b> Anita B	Kropp og sjel	
17:30	<b>BJJ- Begynner</b> Xpress avdeling	11:45	<b>Yoga 60</b> Sondre	17:00	<b>Squash Ungdom</b> Bosse	17:30	<b>BJJ Kids</b> Xpress avdeling	<b>LØRDAG 11.02</b>		Styrke	
17:45	<b>Zumba 50</b> Kristine	17:30	<b>BJJ Kids</b> Xpress avdeling	17:30	<b>BJJ- Begynner</b> Xpress avdeling	17:45	<b>Aerobic 30</b> Elisabeth	10:00	<b>TRX 45</b> Vibeke	Sykkel/Kondis	
17:55	<b>Rowing 30</b> Roddy	17:45	<b>Aerobic 30</b> Elisabeth	17:45	<b>Zumba 50</b> Katharina	18:15	<b>MRL 30</b> Elisabeth	10:00	<b>Aerobic 60</b> May	Ungdom/Barn	
18:45	<b>BodyStep 45</b> Silje	18:00	<b>TRX 30</b> Ofer	18:30	<b>BootCamp 40</b> Bosse	18:15	<b>Spin 45- RPM</b> Gisle	10:15	<b>Spin 45</b> Marianne	Senior	
18:45	<b>Circle Challenge 45</b> Roddy	18:15	<b>MRL 30</b> Elisabeth	18:40	<b>BodyCombat 45</b> Mette	18:30	<b>BJJ</b> Xpress avdeling	11:10	<b>BodyPump 55</b> Marianne	Høyintensitet	
18:50	<b>Spin 45</b> Vibeke	18:30	<b>BJJ</b> Xpress avdeling	19:00	<b>MMA Basics-</b> Muay thai/Kickboksing	19:00	<b>Dance 55</b> Kristine	11:05	<b>Yoga 60</b> Torgunn	Spesialkurs	
19:00	<b>MMA Sub- Wrestling</b> Xpress avdeling	18:35	<b>CardioChallenge 30</b> Ofer	19:15	<b>Rowing 30</b> Bosse	19:10	<b>BodyAttack 45</b> Ofer	<b>SØNDAG 12.02</b>		Xpress avd.	
19:40	<b>BodyPump 55</b> Silje	18:45	<b>BodyAttack 55</b> Gisle	19:30	<b>Grit Strength 30</b> Mette	20:00	<b>Begynner- Striking</b> Xpress avdeling	11:00	<b>Spin 45</b> Anita B	<b>Åpningstider</b>	
19:45	<b>Hatha Yoga 90- NY TID</b> Juliette	19:00	<b>Dance2 55</b> Torgunn	20:00	<b>CardioChallenge 30</b> Bosse	20:00	<b>BodyBalance 55</b> May	11:00	<b>Sh'bam 45</b> May	Alle dager 05:00 - 24:00	
20:00	<b>MMA Basics- Boxing</b> Xpress avdeling	19:00	<b>Spin 50</b> Bosse	20:00	<b>MMA Basics- Wrestling</b> Xpress avdeling	20:05	<b>BodyPump 55</b> Ofer	11:45	<b>MRL 30</b> May	<b>Kontaktinformasjon</b>	
		19:05	<b>Circle Challenge 30</b> Ofer	20:00	<b>Yoga 60</b> Shiran					Myrveien 10, 1430 Ås	
		20:00	<b>Bodypump 55</b> Marianne							Telefon: 64 94 29 00	
										<a href="mailto:post@aastrningscenter.no">post@aastrningscenter.no</a>	