

MANDAG 20.03		TIRSDAG 21.03		ONSDAG 22.03		TORSDAG 23.03		FREDAG 24.03		INFORMASJON	
09:00	Seniorstyrke 45 Roddy	09:00	Seniorsaltrening 60 Kari-Anne	09:00	Spin 30 Bosse	09:00	Seniorsaltrening 60 Kari-Anne	09:00	Spin 30 Bosse	Fargebeskrivelse	
10:00	Spin 30 Roddy	10:15	Zumba 45 Kristine	09:45	Circle Challenge 45 Bosse	10:30	TRX 45 Bosse	09:45	CircleChallenge 45 Bosse	Aerobic/Dans	
10:50	Pilates 60 Roddy	11:05	Core 30 Kristine	16:00	Squashskole 1 Bosse	11:30	Pilates 60 Bosse	17:30	Spin 50 Bosse	Kropp og sjel	
17:30	BJJ- Begynner Xpress avdeling	11:45	Yoga 60 Sondre	17:00	Squash Ungdom Bosse	17:30	BJJ Kids Xpress avdeling	LØRDAG 25.03		Styrke	
17:45	Zumba 50 Kristine	17:30	BJJ Kids Xpress avdeling	17:30	BJJ- Begynner Xpress avdeling	17:45	Aerobic 30 Elisabeth	10:00	TRX 45 Susanna	Sykel/Kondis	
17:55	Rowing 30 Roddy	17:45	Aerobic 30 Elisabeth	18:30	BootCamp 40 Bosse	18:15	Spin 45- RPM Gisle	10:00	Dance 60 Thilde	Ungdom/Barn	
18:45	BodyStep 45 Silje	18:00	TRX 30 Ofar	18:40	BodyCombat 45 Mette	18:15	MRL 30 Elisabeth	10:15	Spin 45	Senior	
18:45	Circle Challenge 45 Roddy	18:15	MRL 30 Elisabeth	19:00	MMA Basics- Muay thai/Kickboxing	18:30	BJJ Xpress avdeling	11:05	Yoga 60 Inger	Høyintensitet	
18:50	Spin 45 Vibeke	18:30	BJJ Xpress avdeling	19:15	Rowing 30 Bosse	19:00	Dance 55 Kristine	11:10	BodyPump 55 Kristin	Spesialkurs	
19:00	Hatha Yoga 90 Juliette	18:35	CardioChallenge 30 Ofar	19:30	Grit Strength 30 Mette	19:10	BodyAttack 45 Ofar	SØNDAG 26.03		Xpress avd.	
19:00	MMA Sub- Wrestling Xpress avdeling	18:45	BodyAttack 55 Susanne	20:00	CardioChallenge 30 Bosse	20:00	Begynner- Striking Xpress avdeling	11:00	Spin 45	Åpningstider	
19:40	BodyPump 55 Silje	19:00	Dance2 55 May	20:00	MMA Basics- Wrestling Xpress avdeling	20:00	BodyBalance 55 May	11:00	Sh'bam 45 May	Alle dager 05:00 - 24:00	
20:00	MMA Basics- Boxing Xpress avdeling	19:00	Spin 50 Bosse	20:00	Yoga 60 Shiran	20:05	BodyPump 55 Ofar	11:45	MRL 30 May	Kontaktinformasjon	
		19:05	Circle Challenge 30 Ofar							Myrveien 10, 1430 Ås	
		20:00	Bodypump 55 Marianne							Telefon: 64 94 29 00	
										post@aastrningscenter.no	