



Tímatafla World Class - Skólastígur, AK



KL.	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur		Laugardagur
06:00	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	09:15	Spinning (60) Ýmsir
06:10		Spinning (50) Harpa Ýr		Spinning (60) Heimir		09:30	Infrared Hot Yoga (75) Bryndís/Rannveig
10:30						09:30	World Fit (60) Kristinn
12:00	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn		Sunnudagur
12:05	Infrared Hot Vinyasa Yoga (55) Rannveig		Infrared Hot Yoga (55) Bryndís			10:15	Power Fit (60) Auðbjörg
12:10		Spinning (50) Guðrún		Infrared Hot Power Flow (50) Guðrún Gísla	Spinning (50) Guðrún		
16:20	Spinning (60) Kristín Hanna				Infrared Vinyasa Yoga (60) Rannveig		Salur 1
17:15		Infrared Hot Yoga (75) Bryndís		Infrared Hot Yoga (60) Bryndís/Rannveig			Salur 2
17:15	Power Fit (60) Auðbjörg				Power Fit (60) Auðbjörg		Salur 3
17:15				Spinning (60) Hafsteinn			Boxið
17:30			Power Fit (60) Auðbjörg				
17:30	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn	World Fit (60) Kristinn		
18:45			Infrared Hot Yoga (60) Magda				* (x) lengd tíma (L) Lokuð námskeið
							*Ath. að tímatafla getur breyst án fyrirvara.