



Tímatafla World Class - Laugar

2020



Tími	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	Tími	Laugardagar
06:10	Level Up (L)		Level Up (L)		Level Up (L)	09:00	Laugaskokk (60) Aldís, Halla,Guðmundur
06:15		Tabata (40) Sigurbjörg	Lokaður tími (60)	Tabata (40) Sigurbjörg	Lokaður tími (60)	10:00	Buttlift (60) Berglind/Kolbrún Eva
06:15		Infrared HotYoga(60) María Hólm		Infrared HotYoga(60) María Hólm		10:00	Lokaður tími (60)
06:20		Spinning (45) Pálína María		Spinning (45) Pálína María		10:40	Spinning (60) Unnur/ Þóra Margrét
07:15	Level Up (L)		Level Up (L)		Level Up (L)	11:00	Infrared Hot Yoga (90)Eva
07:30					Lokaður tími (60)	11:00	Lokaður tími (60)
08:30		Infrared HotFit (45) Helena P		Infrared HotFit (45) Helena P		11:30	Zumba (60) Friðrik/Anna
09:00		Mix Pilates (60) Lóló		Mix Pilates (60) Lóló		12:30	Jallabina (60) Friðrik/Anna
10:00	Infrared HotFit (60) Dísa		Infrared HotFit (60) Dísa				
11:30	Level Up (L)		Level Up (L)		Level Up (L)		
11:45	Ketilbjöllur (L) Kristófer		Ketilbjöllur (L) Kristófer		Ketilbjöllur (L) Kristófer		
12:00		Buttlift (45) Helena P		Buttlift (45) Helena P			Sunnudagar
12:00	Spinning (45) Kolbrún Eva	Spinning (45) Þóra Margrét	Spinning (45) Kolbrún Eva	Spinning (45) Þóra Margrét	Spinning (45) Orka	09:45	Infrared HotYoga (75) Ann Marie
12:00	Infrared HotYoga (60)Soffía	Jóga (60) Abba	Infrared HotYoga (60)Soffía	Jóga (60) Abba	Infrared HotYoga (60)Soffía	11:10	Tabata/kviður&bak (60)Helena P
12:35	Tabata (45) Stefán		Tabata (45) Stefán		Tabata (45) Stefán	11:30	Infrared HotYoga (90) Ann Marie
15:30	DWC 7-9 ára (L)	Unglingahreysti (L) Gunnar S.	DWC 7-9 ára (L)	Unglingahreysti (L) Gunnar S.	DWC valttími (60)W1 (Y)	12:20	Spinning (50) Helena P
16:30	Infrared HotFit(50) Palli	Pump (60) Helena P	Infrared HotFit(50) Palli	Pump (60) Helena P	DWC Masterclass (90) W2/W3 E		
16:30	DWC 10-12 ára (L)		DWC 10-12 ára (L)				
17:30	Infrared HotYoga (75) Ann Marie	Infrared HotYoga(90)Eva	Infrared HotYoga (75) Ann Marie	Infrared HotYoga(90)Eva	Infrared HotYoga (60)Soffía		Salur 1
17:30	Laugaskokk (60) Aldís, Halla,Guðmundur		Laugaskokk (60) Aldís, Halla,Guðmundur				Salur 2
17:35	Spinning (50) Ragnhildur/Unnur			Spinning (50) Helena P.			Salur 3
17:40	Buttlift (60) Berglind	Zumba (60) Friðrik/Anna	Buttlift (60) Berglind	Zumba (60) Friðrik/Anna			Salur 4
18:10					Lokaður tími (60)		Tækjasalur
18:40		DWC 13 - 15 ára (L)		DWC 13 - 15 ára (L)			Úti
18:45		Spinning (45) Palli					
19:00	Infrared FitPilates (L) Ástrós		Infrared FitPilates (L) Ástrós				
19:00	Lokaður tími (60)		Lokaður tími (60)				
19:40		DWC 16+ (L)		DWC 16+ (L)			* (x) lengd tíma (L) Lokað námskeið
20:00			Spinning (45) Palli				*Ath. að tímatafla getur breyst án fyrirvara.
20:15	Rólujóga (L) Sólrún Maía						