



Tímatafla World Class - Hafnarfirði



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:00	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	09:00	WorldFit (L)
06:10	Infrared HotFit (45) Íris Harpa	CBC hjólatími (50) Helga	Infrared HotFit (45) Íris Harpa	CBC hjólatími (50) Helga	Infrared HotFit (45) Íris Harpa	09:00	CBC hjólatími (60) Hrönn/Lára/Helga
08:30		Infrared HotFit (50) Erna		Infrared HotFit (50) Erna		10:00	WorldFit (L)
08:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	10:15	Infrared HotYoga (60) Kristín Gerður
09:00		Hópeinkaþjálfun (L) 60		Hópeinkaþjálfun (L) 60		10:30	Tabata (60) Gunnar/Kolfinna
10:00			Infrared Teygjur&Foam (60) Pálína			11:00	WorldFit (L)
11:45					Infrared HotButt (45) Pálína	11:25	Infrared FoamFlex (55) Kristín Gerður
11:45			CBC hjólatími (45) Helga				
12:00	Infrared HotFit (45) Kristjana Huld	Infrared HotFit & Foam (60) Erna		Infrared HotFit & Foam (60) Erna			
12:00		Hópeinkaþjálfun (L) 60					
12:00	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		
12:00			Tækjakennsla(45) Egill		Infrared FoamFlex (45) Pálína		Sunnudagur
15:30	DWC 7-9 ára (L)		DWC 7-9 ára (L)			09:00	Infrared FoamFlex (60) Gunnar
16:30	DWC 10-12 ára I (L)		DWC 10-12 ára I (L)			10:00	WorldFit (L)
16:30	Unglingahreysti (L) Gunnar	Hópeinkaþjálfun (L) 60	Unglingahreysti (L) Gunnar	Hópeinkaþjálfun (L) 60	Hópeinkaþjálfun (L) 60	10:10	CBC hjólatími (60) Atli
16:30	WorldFit (L)	WorldFit Unglingar (L)	WorldFit (L)	WorldFit Unglingar (L)	WorldFit (L)	10:20	Infrared HotYoga (75) Jóhanna Karlsd
17:00	Tækjakennsla(45) Egill					11:00	WorldFit (L)
17:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		Heitur salur nr. 1
17:40	Tabata (60) Gunnar	Infrared HotFit (50) Gunnar		Infrared HotFit (50) Gunnar	Infrared HotYoga (75) Jóhanna Karlsd		Hóptímasalur nr. 2
18:00	Infrared HotYoga (60) Pálína		Infrared HotYoga (60) Pálína				Spinningsalur nr. 3
18:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		WorldFit Salur
18:30	DWC 13-15 ára I (L)	Hópeinkaþjálfun (L) 60	DWC 13-15 ára (L)	Hópeinkaþjálfun (L) 60			
19:10		Infrared HotVinyasaYoga (90) Sólrún María		Infrared YinYoga (90) Sólrún María			
19:30	DWC 16+ (L)		DWC 16+ (L)				*Ath. að tímatafla getur breyst án fyrirvara.
19:30	Infrared HotFit (50) Kristjana Huld		Infrared HotFit (50) Kristjana Huld				*(x) lengd tíma (L) Lokuð námskeið
20:00		Buttlíft (60) Kolbrún Eva		Buttlíft (60) Kolbrún Eva			