



**Tímatafla World Class
Skólastígur, AK
2021**



KL.	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur		Laugardagur
06:10	World Fit	World Fit	World Fit	World Fit	World Fit	09:30	Spinning (60) Ýmsir
06:10		Spinning (50) Harpa Ýr		Spinning (50) Heimir	Spinning (50) Harpa Ýr	09:30	Infrared hot Yoga (75) Ósk/Rannveig
06:10		Infrared hot butt (60) Karen Ósk				11:00	Infrared hot butt (60) Karen Ósk
08:30					Infrared warm yoga (60) Árný Ingveldur		
12:00	World Fit	World Fit	World Fit	World Fit	World Fit		
12:05	Infrared warm vinyasa yoga (60) Rannveig		Infrared warm yoga (60) Bryndís				Sunnudagur
12:10		Spinning (50) Hildur Mist		Infrared hot power flow (50) Guðrún	Spinning (50) Guðrún	11:00	Infrared hot fit (75) Auðbjörg
16:10					Infrared warm vinyasa Yoga (55) Rannveig		
16:15	Infrared hot power flow (50) Guðrún			Infrared hot yoga (60) Ósk/Rannveig			
16:20		Infrared warm yoga (60) Bryndís					Salur 1
16:40		Spinning (60) Hafsteinn		Spinning (60) Hafsteinn	Spinning (60) Hildur Mist		Salur 2
17:15	Infrared hot fit (60) Auðbjörg		Infrared hot fit (75) Auðbjörg				World fit salur
17:20				Infrared hot butt (60) Karen Ósk			
17:30		Infrared hot fit (60) Auðbjörg			Infrared hot fit (60) Auðbjörg		
17:30	World Fit	World Fit	World Fit	World Fit	World Fit		
18:30	Infrared warm yoga (75) Sigurbjörg Ósk					*Ath. að tímatafla getur breyst án fyrirvara.	
						*(x) lengd tíma (L) Lokuð námskeið	