



Tímatafla World Class - Mosfellsbær

2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:10	Infrared Hot Fit (50) Þórdís María	Tabata (50) Þórdís María	Infrared Hot Fit (45) Eva Dís	Infrared Hot Fit (50) Þórdís María	Tabata (50) Rakel Björk	08:30	Hjólatími (90) Einar
06:10	Súperform (L) Berta		Súperform (L) Berta		Súperform (L) Berta	10:00	Infrared HotButt(50) Eva Dís/Þorbjörg
08:15		Infrared WarmYoga (60) Margrét		Infrared WarmYoga (60) Margrét		11:05	Infrared YinYoga (75) Gréta/Eva H.
09:00		Leikfimi 67+ (L) Berta		Leikfimi 67+ (L) Berta			
10:00		Leikfimi 67+ (L) Berta		Leikfimi 67+ (L) Berta			
10:30	MömmuFit (L) Guðrún		MömmuFit (L) Guðrún		MömmuFit (L) Guðrún		
15:55		Dans 7-9 ára (L)		Dans 7-9 ára (L)			Sunnudagar
16:30	Styrkur (50) Sesselja		Pump (50) Sesselja		Þol & Styrkur (50) Sesselja	10:00	Infrared HotFit (50) Anna Guðrún/Ástrós
16:45					Infrared Hot Fit(60) Ellen Elsa	11:00	Tabata (45) Anna Guðrún
16:55		Dans 10-12 ára (L)		Dans 10-12 ára (L)		11:15	Infrared YinYoga (75) Sandra/Svava
17:15	Infrared HotFit (60) Erla	Infrared HotFit (50) Guðbjörg	Infrared HotFit (60) Erla				
17:25				Karlaprek (60) Garðar			
17:30	Súperform (L) Berta		Súperform (L) Berta				Hóptímasalur nr. 1
17:40	Hjólatími (50) Einar			Hjólatími (50) Anna Guðrún			Heitur salur nr. 2
18:00		Karlaprek (60) Garðar		Buttlíft (50) Guðbjörg			Hjólalasalur nr. 3
18:20	Infrared YinYoga (75) Marta	Infrared FitPilates (L)	Infrared YinYoga (75) Eva H.				Tækjasalur
18:30				Infrared FitPilates (L)			
18:35	Hámark (50) Símon		Hámark (50) Símon				
19:30	Dans 13-15 ára (L)		Dans 13-15 ára (L)				
20:00		Infrared HotButt(45) Berglind F.		Infrared HotButt(45) Berglind F.		*(x) lengd tíma (L) Lokuð námskeið	
20:30	Dans 16+ (L)		Dans 16+ (L)			*Ath. að tímatafla getur breyst án fyrirvara.	