



# Tímatafla World Class - Hafnarfirði

Haust 2023



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:10		Hjólatími (50) Guðrún/Íris		Hjólatími (50) Guðrún/Íris		09:30	Infrared HotYoga (60) María Franklin
06:10	Infrared HotFit (45) Íris		Infrared HotFit (45) Íris	Tabata (45) Katrín	Infrared HotFit (45) Íris	10:00	Hjólatími (60) Díana/Valur
08:30		Infrared HotFit (50) Helga Kristín		Infrared HotFit (50) Helga Kristín	Infrared Teygjur&Foam (60) Stefán	10:50	Tabata (60) Katrín
10:00	Infrared Teygjur&Foam (60) Pálína		Infrared Teygjur&Foam (60) Pálína			11:00	Infrared Teygjur&Foam(55) María Franklin
12:00	Infrared HotFit (45) Katrín	Infrared HotFit (45) Helga Kristín	Infrared HotButt (45) Katrín	Infrared HotFit (45) Helga Kristín	Infrared HotButt (45) Helga Kristín	11:15	Bjartur (90) (L)
12:00			Tækjakennsla(45) Egill				
17:15	DWC 10-12 ára I (L)	Tækjakennsla(45) Egill	DWC 10-12 ára I (L)				
17:30				BFH (90) (L)			Sunnudagur
17:40	Hjólatími (60) Díana/Valur	Infrared HotFit (50) Pálína	Hjólatími (60) Díana/Valur	Infrared HotFit (50) Pálína	Infrared HotYoga (75) Jóhanna Karlsd	09:15	Infrared HotFit (45) Katrín
17:45		Zumba (45) Bára		Zumba (45) Bára		10:30	Infrared HotYoga (75) Jóhanna Karlsd
18:00	Infrared HotYoga (75) Pálína						
18:15			Infrared HotYoga (60) Pálína				
18:30	DWC 13-15 ára I (L)		DWC 13-15 ára (L)				Heitur salur nr. 1
18:45		Tabata (50) Katrín		Buttlift (50) Katrín			Hóptímasalur nr. 2
19:00	Bjartur (90) (L)		Bjartur (90) (L)				Hjólásalur nr. 3
19:10		Infrared YinYoga (75) María F		Infrared YinYoga (75) Ólafur			Tækjasalur
19:30	Infrared HotFit (50) María K		Infrared HotFit (50) María K				
							*Ath. að tímatafla getur breyst án fyrirvara.
							*(x) lengd tíma (L) Lokuð námskeið