



Tímatafla World Class  
Skólastígur, AK  
2023



KL.	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur		Laugardagur
06:00	World Fit	World Fit	World Fit	World Fit	World Fit	09:30	World Fit
06:00	Infrared HotFit (60) Brynja		Infrared HotFit (60) Harpa Ýr		InfraredHotFit (60) Harpa Ýr/Kristín Hanna	09:30	InfraredYoga (75) Ósk/Rannveig
06:10		Spinning (60) Harpa Ýr				09:30	Spinning (60) Ýmsir
08:30	World Fit		World Fit		World Fit	10:30	World Fit
08:30	Infrared HotFit (60) Auðbjörg	InfraredHotButt/Co re (60) Sandra Sylvía	Infrared HotFit (60) Auðbjörg	InfraredHotFit (60) Sandra Sylvía	InfraredHotCore&te ygjur (60) Sandra Sylvía	11:00	InfraredHotFit (60) Gugga/Sandra
12:00	World Fit	World Fit	World Fit	World Fit	World Fit		Sunnudagur
12:10	Infrared Yoga (50) Rannveig		Infrared Yoga (50) Rannveig		Infrared HotFit (60) Auðbjörg	10:00	World Fit OLY
12:10					Spinning (60) Gugga	11:00	Infrared HotFit (75) Auðbjörg
16:15	World Fit	World Fit	World Fit	World Fit	World Fit		
16:20	Infrared HotCore (45) Ásta	Infrared Yoga (60) Ósk/Rannveig	Infrared Upper Body (45) Ásta		Infrared Vinyasa Yoga (60) Rannveig		Salur 1
16:30				Infrared Zumba(55) Eva Reykjalín			Salur 2
16:40		Spinning (60) Kristín Hanna		Spinning (60) Gugga			World fit salur
17:15	Infrared HotFit (60) Auðbjörg		Infrared HotFit (75) Auðbjörg				
17:30		Infrared HotFit (60) Auðbjörg		Infrared HotFit (60) Auðbjörg	Infrared HotButt/Core (60) Ásta		
17:30	World Fit	World Fit	World Fit	World Fit	World Fit		
18:30	Infrared Yoga (75) Ósk					*Ath. að tímatafla getur breyst án fyrirvara.	
19:30						*(x) lengd tíma (L) Lokuð námskeið	