

**Mandag**

**Tirsdag**

**Onsdag**

**Torsdag**

**Fredag**

**1.Lørdag i  
månedens**

**09.00 Reformer Pilates**  
Sal 2, AK

**10.15 TRX Pilates**  
Sal 3, AK

**16.15 Reformer Pilates**  
Sal 2, AK

**17.00 MediYoga**  
Sal 3, Bitten

**17.30 Reformer Pilates**  
Sal 2, AK

**18.35 Reformer Pilates**  
Sal 2, AK

**08.30 Reformer Pilates**  
Sal 2, Bitten

**16.00 TRX Styrke & Core**  
Sal 3, Sara

**10.00 MediYoga**  
Sal 2, Bitten

**17.00 TRX Styrke & Core**  
Sal 2, Sara

**08.00 Reformer Pilates**  
Sal 2, AK

**09.00 TRX Pilates**  
Sal 3, AK