

FRISKIS LERUM SCHEMA HÖSTEN 2024

Måndag

| Tid | Pass | Ledare | Sal |
|-------|------------|-----------|-------|
| 17:00 | Yoga soft | Henrik S | lilla |
| 17:30 | CG | Cecilia C | CG |
| 18:00 | Jympa soft | Åsa S | stora |
| 18:15 | Spin (*) | Rulle | spin |
| 18:30 | Skivstång | Jessica H | lilla |
| 19:00 | Dans soft | Camilla B | stora |

Tisdag

| Tid | Pass | Ledare | Sal |
|-------|-------------------------|-----------------|-------|
| 17:30 | Skivstång | Ralph L | lilla |
| 17:30 | Jympa | Agneta O | stora |
| 18:30 | Dans fusion / Jympa (*) | Maria M / Rulle | stora |
| 18:40 | Coreflex | Fransisca O | lilla |

Onsdag

| Tid | Pass | Ledare | Sal |
|-------|-------------------|-------------|-------|
| 17:00 | Jympa soft | Madeleine K | stora |
| 17:30 | CG | Ulrica D | CG |
| 17:30 | Multifys (50 min) | Karin L | lilla |
| 18:15 | Jympa | Jessica H | stora |
| 18:30 | Spin intervall | Marie Ö | spin |
| 18:30 | Yoga | Ingrid H K | lilla |

(*) intensitet beroende av ledare
uppdaterat 240826

Torsdag

| Tid | Pass | Ledare | Sal |
|-------|--------------|----------------------|-----------|
| 10:15 | Mammapower | Anna S | ute/lilla |
| 18:00 | Enkeljympa | Linda L & Jeanette H | stora |
| 18:00 | Spin distans | Ingela H | spin |
| 18:30 | Skivstång | Malin P / Johanna B | lilla |
| 19:00 | Jympa | Karin M J | stora |
| 19:00 | Löpning | Christine V A | ute |
| 19:00 | Löpning soft | Karin L | ute |

Fredag

| Tid | Pass | Ledare | Sal |
|-------|-----------------|-------------------------------|-------|
| 11:30 | CG el. Multifys | Cecilia C (lokalen inte klar) | |
| 17:30 | Jympa (*) | Rulle | stora |
| 17:30 | Spin distans | Madeleine K | spin |

Lördag

| Tid | Pass | Ledare | Sal |
|-------|--------------|---------------|-------|
| 9:00 | Spin distans | Ingela H | spin |
| 9:30 | Jympa | Christine V A | stora |
| 10:30 | Familjefys | Charlotta E | lilla |
| 10:40 | Familjejympa | Anna S | stora |

Söndag

| Tid | Pass | Ledare | Sal |
|-------|-----------|--------------|-------|
| 16:30 | Jympa | Aleksandra G | stora |
| 17:30 | Multifys | Cecilia C | stora |
| 18:00 | Yoga | Karin M J | lilla |
| 18:00 | Spin soft | Michael M | spin |