

# Holdplan

**JÆGERSPRIS**

## MANDAG:

09:00-10:30	PILATES (NINNA)
16:30-17:30	PILOXING (MICHELLA)
18:00-19:00	BIKE (BIRGER)
19:15-20:45	ASHTANGA YOGA (JULIA)

## TIRSDAG:

08:30-10:00	BODY SDS (PETER)
16:30-17:00	ZUMBA INTRO (ELIZA)
17:00-18:00	ZUMBA (ELIZA)

## ONSDAG:

09:00-10:00	BIKE (BIRGER)
16:30-17:30	POWERFIT (SUNE)

## TORSDAG:

09:00-10:00	CROSSDANCE (LYKKE)
16:30-17:30	PILOXING (MICHELLA)
18:00-19:30	FLOW YOGA (JULIA)

## FREDAG:

08:00-09:00	BIKE (BIRGER)
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## SØNDAG:

09:00-10:00	ZUMBA (ELIZA)
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