

HYDROTRIM

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag	
30 min Maria 8.20-8.50	45 min Lisa 7.50-8.35	Drop in vuxenbad 8.00-9.00	45 min Anna/Annelie 8.00-8.45	30 min Anna/Maria 7.30-8.00			
30 min Anna 9.40-10.10	Lisa Babysim 9.15	Maria Babysim 9.10, 9.50 10.30	30 min Anna/Annelie 9.30-10.00	Korpen hydr	Kerstin Babysim 8.30, 9.10, 9.50	Elina/Annelie Babysim 9.00, 9.40, 10.20, 11.00	
30 min Anna 10.20-10.50			30 min Anna/Maria 10.15-10.45	30 min SKTF Anna/Maria 10.00-10.30			
30 min Maria 11.00-11.30	45 min Anna 10.10-10.55		Babysim Anna 11.10	Babysim Annelie 10.55			30 min Anna/Maria 10.40-11.10
Drop in vuxenbad 12.30-13.30	Anna Babysim 11.40, 12.20	30 min Maria 13.00	30 min Annelie/Anna 13.00-13.30	Drop in Vuxenbad 11.15-13.30	11.00-11.45 AquaZumba Anna/Paulina		
30 min Anna 14.10-14.40			30 min Annelie/Anna 14.15-14.45		Drop in familjebad 13.30-15.00	60 min INTENSIV 11.55-12.55 Olika	
45 min Maria 14.45-15.30	Skolor hydr	45 min stationer Maria 14.45-15.30	30 min SKTF Annelie 14.50-15.20	15.30 Stationer Paulina/Lisa/Maria		Drop in familjebad 14.00-16.00	
45 min Anna 15.40-16.25	Öppet bad 15-17.00	45 min Lisa 15.50-16.35	45 min Annelie 15.30-16.15				
45 min Evelina/Lisa 16.45-17.30		30 min Lisa 16.40-17.10	Aquacombat Maria 16.25-17.10			16.25 Station/Vanligt Paulina/Lisa/Maria	45 stationer Annelie/ PaulinaG 16.30-17.15
45 min Evelina/lisa 17.40-18.25	45 min Linda 17.20-18.05	45 min Lisa 17.20-18.05	30 min Paulina G 17.20-17.50			45 min Annelie/PaulinaG 17.30-18.15	
30 min Kicki 18.30-19.00	45 min Linda 18.15-19.00	45 min Annelie 18.15-19.00	45 min Paulina G 18.00-18.45				
45 min Kicki 19.10-19.55	45 min Paulina P 19.10-19.55	45 min Annelie 19.10-19.55	TABATA 45 min PaulinaG 18.55-19.40				
	45 min Paulina P 20.00-20.45		19.50 60 min INTENSIV				

Bassängschema HT21 v. 33 - 50