

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 | | | Öppet bad 13.30-14.30 | | 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 | Babysim 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