

MANDAG		TIRSDAG		ONSDAG		TORSDAG		FREDAG		INFORMASJON	
09:00	CFA 60 Joachim	10:00	CFA 60 Joachim	09:00	CFA 60 Joachim	10:00	CFA 60 Joachim	09:00	CFA 60 Joachim	Fargebeskrivelse	
17:00	Spin: Sprint 30 Virtuell Spin	17:00	Padel Nivå 1 Bosse	17:00	CFA 60 Joachim	17:00	Spin: RPM 45 Virtuell Spin	15:00	ACE strong 30 Roddy/Rudy	CFA	
17:00	CFA 60 Joachim	17:00	Spin: The Trip 45 Virtuell Spin	17:00	Spin: Sprint 30 Virtuell Spin	18:00	Spin: The Trip 45 Virtuell Spin	15:35	RunRideRow 30 Roddy/Rudy	Styrke	
17:40	Spin: The Trip 45 Virtuell Spin	17:45	Aerobic 30 May	17:45	Spin 45 Roddy	18:00	ACE Strong 45 Jessica	16:10	Circle Challenge 30 Roddy/Rudy	Spin eller kondisjon	
18:00	RunRideRow 40 Jessica	18:00	Spin: RPM 45 Virtuell Spin	18:45	Spin: The Trip 45 Virtuell Spin	19:00	CFA 60 Joachim	17:00	CFA 60 Joachim	Kjern/Strech	
18:30	BodyStep 60 Magdalena	18:00	Padel Nivå 2 Bosse	18:45	BodyPump 60 Roddy	19:00	Spin 60 Jessica	17:00	Spin: RPM 45 Virtuell Spin	Aerobic/dans	
18:30	Spin 50 Erik	18:00	RunRideRow 40 Rudy	19:00	RunRideRow 40 Jessica	19:00	Run 30 Camilla	18:00	Spin: The Trip 45 Virtuell Spin	Åpningstider	
18:45	Circle Challenge 40 Jessica	18:15	MRL 30 May	19:00	CFA 60 Joachim	19:00	MRL 30 Magdalena	LØRDAG		Alle dager 05:00 - 24:00	
19:00	CFA 60 Joachim	18:45	Circle Challenge 40 Rudy	19:45	Circle Challenge 40 Jessica	19:30	Run 30 Camilla	10:00	Spin: RPM 45 Virtuell Spin	Bemanning	
19:30	BodyPump 60 Marianne/Magdalena	18:45	StretchBalance 30 May			19:30	BodyStep 60 Magdalena	10:00	ACE strong 30 Rullering	Man-fredag 16:00 - 20:00	
		19:00	Spin: Sprint 30 Virtuell Spin			20:00	CFA 60 Joachim	10:35	RunRideRow 30 Rullering	Lør-søndag 10:00 - 15:00	
		19:00	Squashskole for alle Bosse					10:45	Spin 45 Rullering	Barnepass	
		19:00	CFA 60 Ben					11:10	Circle Challenge 30 Rullering	Man-torsdag 17:00 - 20:00	
		19:30	ACE strong 45 Rudy					11:45	BodyPump 60 Rullering	Lørdag 10:00 - 13:00	
		20:00	CFA 60 Ben					12:00	Spin: The Trip 45 Virtuell Spin	Søndag 10:00 - 12:00	
								SØNDAG		Kontaktinformasjon	
								10:00	Spin: RPM 45 Virtuell Spin	Vangsveien 10, 1814 Askim	
								11:00	Spin: The Trip 45 Virtuell Spin	Telefon: 64 94 29 00	
								12:00	Spin: Sprint 30 Virtuell Spin	post@aastreringsenter.no	