



Holdoversigt Vinter 2024

Dag	Hold	Tid	Sted	Instruktør
Mandag	Yoga	9.30-10.30	CBL, Holdsal	Margit
	Knæhold	16.30-17.30	Selskabslokalet	Anni
	TRX/Slynge	17.45-18.45	Selskabslokalet	Susanne/Louise/Lotte
	Strong, begynder	18.00-19.00	CBL, Holdsal	Natasja/Julie
	CrossGym	18.00-19.00	CBL, Cross sal	Frederik
	Spinning	18.00-19.00	CBL, Spinning	Jesper
	Zumba	19.00-20.00	Multisalen	Susse/Anne
	Motionsboksning	19.00-20.00	Selskabslokalet	Jesper
Tirsdag	Spinning	6.00-7.00	CBL, Spinning	Michael
	Effekt	10.00-11.00	Multisalen	Birte
	BodyBalance	17.00-18.00	CBL, Holdsal	Linda
	Puls & Styrke	17.30-18.30	Multisalen	Martin/Ulrik
	Spinning	17.30-18.30	CBL, Spinning	Peter
Onsdag	Spinning	7.00-8.00	CBL, Spinning	Finn N-F.
	Mobilitet	9.30-10.30	Multisalen	Lotte/Margit
	Bungee Fitness	17.00-18.00	Selskabslokalet	Susanne/Louise/Lotte
	Spinning	17.30-18.30	CBL, Spinning	Sven
	Strong	18.00-19.00	CBL, Holdsal	Natasja/Julie
	Zumba	19.15-20.15	Multisalen	Natasja
Torsdag	Spinning	6.00-7.00	CBL, Spinning	Michael
	Yoga	9.00-10.00	CBL, Holdsal	Margit
	CrossGym	17.00-18.00	CBL, Cross sal	Frida
	Spinning	17.30-18.30	CBL, Spinning	Finn N-F.
	Spinning, begynder	18.45-19.45	CBL, Spinning	Finn S.
	Puls & Styrke	17.30-18.30	Multisalen	Martin/Ulrik
	Zumba	19.00-20.00	Multisalen	Nina/Johanne
Fredag	Spinning	8.30-9.30	CBL, Spinning	Karina
	Zumba Gold	16.00-17.00	Multisalen	Anne/Susse
	Junior Fitness 12-15 år	16.00-17.00	CBL, Fitness	Jimmy/Lotte/Louise
	Spinning	17.00-18.00	CBL, Spinning	Sven
Lørdag	BodyBalance	8.30-9.30	CBL, Holdsal	Linda
	Strong	8.45-9.45	Multisalen	Natasja/Julie
	CIRCL Mobility	9.45-10.15	Multisalen	Natasja/Julie
	CrossGym	10.00-11.00	CBL, Cross sal	Uden instruktør
	Stram op	10.00-10.45	CBL, Holdsal	Liping
	Pilates	10.45-11.30	CBL, Holdsal	Liping