

|                                         |                                             |                                       |                                             |                                             |
|-----------------------------------------|---------------------------------------------|---------------------------------------|---------------------------------------------|---------------------------------------------|
| <b>08:00</b><br>45 min<br><b>Styrke</b> | <b>09:30</b><br>60 min<br><b>Seniortrim</b> | <b>08:30</b><br>60 min<br><b>Yoga</b> | <b>09:30</b><br>60 min<br><b>Seniortrim</b> | <b>09:30</b><br>60 min<br><b>Seniortrim</b> |
|-----------------------------------------|---------------------------------------------|---------------------------------------|---------------------------------------------|---------------------------------------------|

|         |       |       |       |         |
|---------|-------|-------|-------|---------|
| Mariann | Stian | Hanna | Stian | Mariann |
|---------|-------|-------|-------|---------|

|                                             |                                       |                                           |                                           |                                                     |
|---------------------------------------------|---------------------------------------|-------------------------------------------|-------------------------------------------|-----------------------------------------------------|
| <b>09:30</b><br>60 min<br><b>Seniortrim</b> | <b>17:00</b><br>60 min<br><b>Yoga</b> | <b>09:15</b><br>30 min<br><b>Spinning</b> | <b>16:00</b><br>30 min<br><b>Spinning</b> | <b>17:00</b><br>45 min<br><b>Spinning Intervall</b> |
|---------------------------------------------|---------------------------------------|-------------------------------------------|-------------------------------------------|-----------------------------------------------------|

|         |       |         |         |           |
|---------|-------|---------|---------|-----------|
| Mariann | Hanna | Mariann | Solveig | Rullering |
|---------|-------|---------|---------|-----------|

|                                           |                                           |                                         |                                               |
|-------------------------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------------|
| <b>16:00</b><br>30 min<br><b>Spinning</b> | <b>17:50</b><br>30 min<br><b>Spinning</b> | <b>09:45</b><br>30 min<br><b>Styrke</b> | <b>16:30</b><br>45 min<br><b>Frisk styrke</b> |
|-------------------------------------------|-------------------------------------------|-----------------------------------------|-----------------------------------------------|

|       |       |         |         |
|-------|-------|---------|---------|
| Eline | Siren | Mariann | Solveig |
|-------|-------|---------|---------|

|                                                 |                                                |                                                 |                                       |
|-------------------------------------------------|------------------------------------------------|-------------------------------------------------|---------------------------------------|
| <b>16:30</b><br>30 min<br><b>Styrke /Sirkel</b> | <b>18:30</b><br>30 min<br><b>Styrke/sirkel</b> | <b>10:30</b><br>45-60 min<br><b>Mor og barn</b> | <b>17:30</b><br>60 min<br><b>Yoga</b> |
|-------------------------------------------------|------------------------------------------------|-------------------------------------------------|---------------------------------------|

|       |       |         |          |
|-------|-------|---------|----------|
| Eline | Siren | Mariann | Aurelija |
|-------|-------|---------|----------|

|                                                 |                                              |                                                 |                                            |
|-------------------------------------------------|----------------------------------------------|-------------------------------------------------|--------------------------------------------|
| <b>18:00</b><br>45 min<br><b>Frisk Work out</b> | <b>19:15</b><br>60 min<br><b>Step/Styrke</b> | <b>18:00</b><br>45 min<br><b>Frisk Work out</b> | <b>18:45</b><br>45 min<br><b>Stepdance</b> |
|-------------------------------------------------|----------------------------------------------|-------------------------------------------------|--------------------------------------------|

|           |       |        |             |
|-----------|-------|--------|-------------|
| May Britt | Dagny | Doreen | Linda/Julie |
|-----------|-------|--------|-------------|

|                                                     |                                                  |                                                     |                                                     |
|-----------------------------------------------------|--------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|
| <b>19:00</b><br>45 min<br><b>Spinning Intervall</b> | <b>20:00</b><br>60 min<br><b>Styrke m/ Stang</b> | <b>18:00</b><br>45 min<br><b>Spinning Intervall</b> | <b>20:00</b><br>45 min<br><b>Slynge/ kettlebels</b> |
|-----------------------------------------------------|--------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|

|           |         |        |       |
|-----------|---------|--------|-------|
| May Britt | Mariann | Norunn | Julie |
|-----------|---------|--------|-------|

|                                               |
|-----------------------------------------------|
| <b>19:00</b><br>60 min<br><b>Frisk Styrke</b> |
|-----------------------------------------------|

Jenny

|                                         |
|-----------------------------------------|
| <b>19:00</b><br>45 min<br><b>Styrke</b> |
|-----------------------------------------|

Norunn

|                                                 |
|-------------------------------------------------|
| <b>20:00</b><br>60 min<br><b>Herretrim 35 +</b> |
|-------------------------------------------------|

Stian



*Følg oss på facebook for å holde deg oppdatert på aktivitetene våre!*

**TIMEPLAN  
HØSTEN  
2022**

**TRENING  
HELSE  
LIVSSTIL**