



# VIRTUAL SCHACK

Under icke schemalagda passtider kan du träna "ON DEMAND" - välj det pass du vill köra direkt på våra players!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30:00	07:00:00	06:30:00	06:30:00	11:30:00	09:00:00	11:00:00
BODYPUMP 106 (45 Mins)	CXWORX 31	BODYBALANCE 81	BODYPUMP 106 (45 Mins)	BODYBALANCE 81	BODYBALANCE 81	BODYPUMP 106 (45 Mins)
11:30:00	11:30:00	11:30:00	12:00:00	16:00:00	10:00:00	16:00:00
GRIT 25 Cardio	BODYBALANCE 80	BODYPUMP 105 (45 Mins)	CXWORX 31	BODYPUMP 106 (45 Mins)	CXWORX 31	CXWORX 31
12:00:00	17:00:00	17:00:00	17:00:00	17:00:00		16:30:00
CXWORX 30	CXWORX 30	BODYBALANCE 81	BODYPUMP 106 (30 Mins)	BODYBALANCE 81 Flexibility		BODYBALANCE 80 Strength
16:30:00	17:30:00	18:00:00	17:30:00			
BODYPUMP 106	BODYBALANCE 80 Flexibility	Grit 24 - Carido	CXWORX 31			
17:30:00	18:30:00	18:30:00	18:00:00			
BODYBALANCE 81	BODYPUMP 106 (45 Mins)	CXWORX 31	GRIT 25 Strength			
18:30:00	19:30:00		18:30:00			
CXWORX 30	GRIT 25 Cardio		BODYBALANCE 81 Strength			
19:00:00						
GRIT 25 Strength						