



VIRTUAL SCHACK & BIKE SCHACK SCHEMA

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

06:30:00	06:30:00	06:30:00	06:30:00	06:30:00	09:00:00	10:00:00
RPM 83 (30 Mins)	RPM 83	BODYBALANCE 84	BODYPUMP 109 (45 Mins)	RPM 83	BODYBALANCE 84	RPM 81
duration: 00:28:35	duration: 00:45:09	duration: 00:54:38	duration: 00:41:49	duration: 00:45:09	duration: 00:54:38	duration: 00:46:30
07:00:00	07:21:00	07:30:00	07:15:00	11:00:00	10:00:00	11:00:00
BODYPUMP 109 (45 Mins)	CXWORX 34	RPM 83	RPM 83 (30 Mins)	RPM 83 (30 Mins)	CXWORX 34	BODYPUMP 109 (45 Mins)
duration: 00:41:49	duration: 00:28:55	duration: 00:45:09	duration: 00:28:35	duration: 00:28:35	duration: 00:28:55	duration: 00:41:49
11:00:00	11:01:00	11:10:00	11:00:00	11:30:00	10:30:00	16:00:00
BODYPUMP 109 (30 Mins)	RPM 82	RPM 82 (30 Mins)	RPM 83	BODYBALANCE 84	RPM 83	CXWORX 34
duration: 00:26:37	duration: 00:47:05	duration: 00:29:35	duration: 00:45:09	duration: 00:54:38	duration: 00:45:09	duration: 00:28:55
11:30:00	12:00:00	11:45:00	12:00:00	16:00:00		16:30:00
RPM 82 (30 Mins)	BODYBALANCE 84	BODYPUMP 109 (45 Mins)	CXWORX 34	BODYPUMP 109 (45 Mins)		BODYBALANCE 84 Strength
duration: 00:29:35	duration: 00:54:38	duration: 00:41:49	duration: 00:28:55	duration: 00:41:49		duration: 00:27:51
12:00:00	16:30:00	17:00:00	17:00:00	16:45:00		17:00:00
CXWORX 34	CXWORX 34	BODYBALANCE 84	RPM 83 (30 Mins)	BODYBALANCE 84 Flexibility		RPM 83
duration: 00:28:55	duration: 00:28:55	duration: 00:54:38	duration: 00:28:35	duration: 00:27:10		duration: 00:45:09
16:30:00	17:00:00	18:00:00	17:30:00	17:15:00		
BODYPUMP 109 (45 Mins)	BODYBALANCE 84 Flexibility	BODYPUMP 109 (30 Mins)	BODYPUMP 109 (30 Mins)	RPM 80		
duration: 00:41:49	duration: 00:27:10	duration: 00:26:37	duration: 00:26:37	duration: 00:47:02		
17:30:00	17:30:00	18:30:00	18:00:00			
BODYBALANCE 84	RPM 81	CXWORX 34	CXWORX 34			
duration: 00:54:38	duration: 00:46:30	duration: 00:28:55	duration: 00:28:55			
18:30:00	18:30:00	19:00:00	18:30:00			
CXWORX 34	BODYPUMP 109 (45 Mins)	RPM 83	RPM 82			
duration: 00:28:55	duration: 00:41:49	duration: 00:45:09	duration: 00:47:05			
19:04:00	19:30:00					
RPM 83 (30 Mins)	BODYBALANCE 84 Strength					
duration: 00:28:35	duration: 00:27:51					
19:45:00	20:00:00					
BODYPUMP 109 (30 Mins)	RPM 83 (30 Mins)					
duration: 00:26:37	duration: 00:28:35					