

# Magasinetts Konvent 13 oktober

|       | Stora salen  | Cykelsalen/gymmet                                     | Konferensrummet  |
|-------|--|---|--|
| 9.00  | <b>Body Pump RELEASE</b><br>75 min                   | <b>Cirkel - Gymmet</b><br>45 min                      |  |
| 9.15  |  |   |  |
| 9.30  |  |   |  |
| 9.45  |  |   |  |
| 10.00 |  |   |  |
| 10.15 | <b>Zumba</b>   | <b>RPM RELEASE</b>                                    |  |
| 10.30 |  |   |  |
| 10.45 |  |   |  |
| 11.00 |  |   |  |
| 11.15 | <b>GRIT Challenge</b><br>45 min<br>Pulsband          |   | <b>Vegetarisk kost och träning</b><br><b>Föreläsning</b> |
| 11.30 |  |   |  |
| 11.45 |  |   |  |
| 12.00 | <b>Body Balance Flex</b><br><b>RELEASE</b><br>45 min |   |  |
| 12.15 |  |   |  |
| 12.30 | <b>Les Mills Tone</b><br>45 min                      | <b>PT Small Group -</b><br><b>Gymmet</b><br>45 min    | <b>Hälsosammare vardag</b><br><b>Föreläsning</b>         |
| 12.45 |  |   |  |
| 13.00 |  |   |  |
| 13.15 |  |   |  |
| 13.30 | <b>Body Step Athletic</b><br>45 min                  | <b>Spinning</b><br><b>Best of the best!</b><br>75 min |  |
| 13.45 |  |   |  |
| 13.55 |  |   |  |
| 14.00 | <b>Body Combat RELEASE</b><br>30 min                 |   |  |
| 14.15 |  |   |  |
| 14.30 | <b>Cxworx RELEASE</b>                                |   |  |
| 14.45 |  |   |  |
| 15.00 |  |   |  |
| 15.15 | <b>Yoga</b>  |   |  |
| 15.30 |  |   |  |
| 15.45 |  |   |  |
| 16.00 |  |   |  |
| 16.15 |  |   |  |
| 16.30 |  |   |  |
| 16.45 |  |   |  |