

Schema Sivota okt 2024 Fitness Fusion

Tisdag 8/10

- 07:40 – 08:00 Wake Up Ari Theatre
- 08:00 – 08:45 Vinyasa Flow Ari Theatre
- 08:45 – 09:15 Core Ari Pink platform
- 16:00 – 16:50 Dance Aerobics Ari Pink platform
- 17:00 – 17:45 Pilates Ari Pink Platform

Onsdag 9/10

- 07:40 – 08:00 Wake up Ari WOD box
- 08:00 – 08:45 1-2-3 Strength Ari WOD box
- 08:45 – 09:15 HIIT it! Ari WOD box
- 16:00 – 16:50 Bodywork Ari Yoga shala
- 17:00 – 17:45 Strength Circuit Ari Yoga shala

Torsdag 10/10

- 07:40 – 08:00 Wake Up Ari Theatre
- 08:00 – 08:45 Vinyasa Flow Ari Theatre
- 08:45 – 09:15 Core Ari Pink platform
- 16:00 – 16:50 Dance Aerobics Ari Pink platform
- 17:00 – 17:45 Pilates Sculpt Ari Pink platform

Fredag 11/10

- 07:40 – 08:00 Wake Up Ari WOD box
- 08:00 – 08:45 Strength Ari WOD box
- 08:45 – 09:15 Dynamic Mobility Ari Yoga shala

Lördag 12/10

- 08:00 – 08:45 1-2-3 Strength Ari WOD box
- 08:45 – 09:15 HIIT it! Ari WOD box
- 16:00 – 16:50 Bodywork Ari Theatre
- 17:00 – 17:45 Pilates Sculpt Ari Theatre

Söndag 13/10

- 08:00 – 08:45 Pilates Ari Theatre
- 16:00 – 16:50 Dance Aerobics Ari Theatre
- 17:00 – 17:45 Vinyasa Flow Ari Theatre