



LIVE HOLDPLAN

# Østbanegade

Holdsal ●



MAN

TIRS

ONS

TORS

FRE

LØR

SØN

**SIXPACK ATTACK**

*Denise*

17:00 - 17:25

**BODYTONING**

*Ditte*

17:00 - 17:55

**CALORIE KILL**

*Denise*

17:00 - 17:55

**BODYTONING**

*Denise*

17:00 - 17:55

**BODYTONING**

*Turnus & Ditte*

10:00 - 10:55

**VINYASA YOGA**

*Anna Elkjær*

10:00 - 10:55

**BODYTONING**

*Denise*

17:30 - 18:25

**CALORIE KILL**

*Ditte*

18:00 - 18:55

**BODYTONING**

*Denise*

18:00 - 18:55

**SIXPACK ATTACK**

*Denise*

18:00 - 18:25

**CALORIE KILL**

*Turnus & Ditte*

11:00 - 11:55

REPEAT