



## Stundaskrá - Janúar 2012

	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur
06:15-07:10	Foam Flex (L)	Rope yoga (L) 06:15-07:30	Foam Flex (L)	Rope yoga (L) 06:15-07:30	
07:10-08:10	Balance Fitness (L)		Balance Fitness (L)		
08.10-09:10	Lúxus (L)	Yoga og slökun (L) 07:45-09:00	Lúxus (L)		Lúxus (L)
09:10-10:10	Rope Yoga (L)	Core Pilates (O) - 9:15	Rope yoga (L)	Core Pilates (O) - 9:15	Core Pilates (O) - 9:15
10:10-11:10		Móðir & Barn (L) 10:15-11:15	Core Pilates (O) - 10:15	Móðir & Barn (L) 10:15-11:15	
11:10-12:10	Þjálfun & næring (L) - 11:15		Þjálfun & næring (L) - 11:15		Þjálfun & næring (L) - 11:15
12:10-13:10	Foam Flex (L) - 12:15-13:15		Foam Flex (L) - 12:15-13:15		
13:10-14:10					
14:10-15:10					
15:10-16:10	Þjálfun & næring (L)		Þjálfun & næring (L)		
16:10-17:10	Rope Yoga & Balance Fitn (L)	Byrj.námsk. Ragnh. (L) 16:15	Rope Yoga & Balance Fitn (L)	Byrj.námsk. Ragnh. (L) 16:15	Þjálfun & næring (L)
17:10-18:10	Lúxus (L)	Core Pilates (O) 17:15	Lúxus (L)	Core Pilates (O) 17:15	Lúxus (L)
18:15-19:15	Hópeinkapþjálfun f. karla (L)		Yoga og slökun(L) 18:30-19:45	Hópeinkapþjálfun f. karla (L)	
19:10-20:10	Foam Flex (L) 19:15-20:00		Yoga og lífsstíll(L) 19:45-21:15		
20:10-21:10					
21:10-22:10					
					(L) = Lokuð námskeið
					(O) = Opnir tímar