

FITNESS CLASSES

for Medley members

2 sep- 30 sep

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
Zumba <u>18.35-19.30</u> Micaela	Grit Cardio <u>17.20-17.50</u> Gabriele	Zumba <u>17.00-17.55</u> Micaela	Grit Cardio <u>18.25-18.55</u> Nancy	BodyPump <u>16.00-16.30</u> Elisabeth	BodyPump <u>11.00-11.55</u> Marianne/ Madde	Yoga <u>11.00-11.55</u> Tina
	BodyPump <u>18.00-18.30</u> Nancy		BodyPump <u>19.00-19.55</u> Nancy	CxWorx <u>16.35-17.05</u> Elisabeth	Bodybalance <u>12.05-13.00</u> Nancy	
	BodyCombat <u>18.40-19.25</u> Samantha/ Emma			Bodyjam <u>17.10-17.55</u> Gabriele		

Book your spot at medley.se/frescatisportscenter or through our app. Maximum 10 spots available per class. Collect your ticket for the class by scanning your medley card at the front desk. Be on time, at least 10 min before the class starts. If you are late you could loose your spot and won't be able to attend the class.