

Tímatafla

Mánudagur		Þriðjudagur		Miðvikudagur		Fimmtudagur		Föstudagur		Laugardagur	
06:00 Spinning sal 3 06:50 Kristín Birna	H	06:05 Warm Fit+ sal 1 06:55 Helena	H	06:00 Stöðvar 06:50 Sigbór	V	06:00 Spinning sal3 06:50 Kristín Birna	H	06:00 Stöðvar 06:50 Sigbór	V	09:00 Warm Fit sal 1 09:50 Rósa/Helena	H
06:05 Stöðvar 06:55 Bryndís María	V	09:15 Warm Fit sal 1 10:10 Lína	H	06:05 Tabata sal 4 06:55 Lovísa Dögg	H	06:05 Warm Fit sal 1 06:55 Lovísa Dögg	H	06:05 Gym fit KVK L sal 4 06:55 Lína	H	09:00 Tækjakennsla Inga	V
06:05 Hot fit L sal 1 07:00 Rósa	H	12:00 Warm Yoga sal1 13:00 Rósa	H	06:05 Hot fit L sal 1 07:00 Rósa	H	09:15 Warm Fit sal 1 10:10 Lína	H	06:05 Hot fit L sal 1 07:00 Rósa	H	09:20 Spinning sal 3 10:10 Sigbór/Lovísa	H
06:05 Gym-fit KVK L sal 4 06:55 Lína	H	12:05 Spinning sal 3 12:50 Sigga	H	06:05 Gym fit KVK L sal 2 06:55 Lína	H	12:00 Warm Yoga sal 1 13:00 Sigga	H	08:30 SB30/10 sal 4 09:25 Sigga	H	09:30 ButtLift 10:25 Pálína	V
08:30 SB 30/10 sal 4 09:25 Sigga	H	14:40 Sundleikfimi+67 15:20 Kristinn	V	08:30 Body Pump sal 4 09:25 Sigga	H	14:40 Sundleikf +67 15:20 Kristinn	V	09:30 Hot fit L sal 2 10:25 Sigga/Lína	H	09:30 Stöðvar sal 4 10:25 Gunnar/Bryndís	H
09:30 Hot fit L sal 2 10:25 Sigga/Lína	H	15:45 Strákar L 16:30 Gunnar	V	09:30 Hot fit L sal 2 10:25 Sigga/Lína	H	15:45 Strákar L 16:30 Gunnar	V	12:05 Spinning sal 3 12:50 Sigga /Sigbór	H	10:00 Foam Flex sal 1 10:55 Lína/Elfa	H
12:05 Stöðvar sal 4 12:50 Gunnar	H	15:45 Stelpur L sal 2 16:30 Helena	H	12:05 Foam fit sal 1 12:50 Lína	H	15:45 Stelpur L sal 2 16:30 Helena	H	12:05 Warm Fit + sal 1 12:50 Lína	H	10:30 Body Pump 11:25 Bogga	V
12:05 Warm Fit sal 1 12:50 Rósa	H	16:30 Strákar L 17:25 Gunnar	V	12:05 Tabata sal 4 12:50 Gunnar	H	16:30 Strákar L 17:25 Gunnar	V	16:30 Strákar L 17:25 Gunnar	V	11:10 Hot Yoga sal 1 12:30 Elín/Írma	H
16:00 Tækjakennsla Gunnar	H	16:30 Warm Fit sal 1 17:20 Helena	H	16:25 Warm Fit sal 1 17:20 Lína	H	16:30 Zumba sal 4 17:25 Auður	H	17:20 Tabata sal 4 18:15 Helena	H		
15:45 Stelpur L sal 2 16:30 Helena	H	17:10 Spinning sal 3 17:55 Elfa	H	16:30 Vaxtamótun sal 4 17:20 Helena	H	17:15 Tækjakennsla Lína	H	17:30 Barre fit L sal 2 18:30 Pálína	H		
16:30 Vaxtamótun sal 4 17:25 Lína	H	17:15 Zumba sal 4 18:10 Auður	H	17:15 Gym-fit KVK L sal 2 18:10 Lovísa Dögg	H	17:15 Gym fit KVK L sal 2 18:10 Pálína	H	17:30 Yoga sal 1 18:30 Irma	H		
17:15 Gym-fit KVK L sal 2 18:10 Lovísa Dögg	H	17:30 Hot yoga sal 1 18:25 Elín	H	17:20 Spinning sal 3 18:05 Pálína	H	17:30 Warm Fit sal 1 18:25 Elfa	H			Sunnudagur	
17:20 Spinning sal 3 18:10 Pálína	H	17:30 Box fit L 18:25 Sigbór	V	17:30 Tabata 18:25 Gunnar	V	17:30 Box fit L 18:25 Sigbór	V				
17:20 Warm Fit sal 1 18:10 Sigrún	H	17:30 Barre fit L sal 2 18:30 Pálína	H	17:30 Hot Yoga sal 1 18:25 Irma	H	17:30 Stöðvar/Tabata 18:20 Bryndís sal 4	H			09:30 Tabata sal 4 10:25 Sigga	H
17:30 U-FIT 18:25 Gunnar	V	18:30 Yoga sal 2 19:30 Irma	H	18:30 GYM-fit KK L 19:25 Gunnar	V	18:30 GYM-fit KK L 19:25 Gunnar	V			10:00 U-Fit 10:55 Gunna	V
17:30 Body Pump sal 4 18:25 Bogga	H	18:30 Body Pump 19:25 Bogga	V	19:30 Bjöllur 20:25 Brian	V	18:40 Hot Yoga sal 1 19:30 Andrea	H			10:20 Foam Fit sal 1 11:15 Elfa/Lovísa	H
18:30 Bjöllur sal 4 19:25 Brian	H	18:35 Foam Fit sal 1 19:30 Elfa	H	19:30 Hot fit L sal 2 20:25 Lovísa Dögg	H	19:30 Hot fit L sal 2 20:25 Lovísa Dögg	H			11:00 Zumba 11:55	H
18:30 Hot Yoga sal 1 19:30 Andrea	H									11:20 Spinning sal 3 12:15 Pálína/Elfa	H
18:30 GYM-fit KK L 19:25 Gunnar	V									11:30 Warm Yoga sal 1 12:25 Irma/	H
19:30 Hot fit L sal 2 20:25 Lovísa Dögg	H										

H= Dalshrauni V=Vellir

L = Lokað námskeið

Innlögn korta kostar 1000 og gildir í einn mánuð.

HIRESS

Tímatafla

Allir tímar vara í 55 mín. nema annað sé tekið fram. Vinsamlega athugið að Hress áskilur sér rétt til að breyta tímátöflu fyrirvaralaust.