



NORDIC
WELLNESS

 **HEDE**
FASHION OUTLET

HEDE FASHION OUTLET
NORDIC WELLNESS POP UP GYM
FRI ENTRÉ - VECKA 7 TILL 10

TORSDAG 29/2	FREDAG 1/3	LÖRDAG 2/3	SÖNDAG 3/3
10.15-11.00 SENIOR	10.15-11.00 CROSS CHALLENGE	10.15-10.45 HIIT	10.15-10.45 LESS MILLS CORE
17.00-17.45 LES MILLS CORE	12.00-12.45 SOMA MOVE	12.00-12.45 CROSS CHALLENGE	12.00-12.45 CROSS CHALLENGE
	16.30-17.15 AFTER WORK ZUMBA		



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TORSDAG 7/3	FREDAG 8/3	LÖRDAG 9/3	SÖNDAG 10/3
16.30-17.00 LES MILLS CORE	12.00-12.45 PILATES	10.15-11.15 BODY BALANCE	10.15-11.00 YINYOGA
	16.30-17.30 CHAMPAGNE- YOGA	11.15-12.00 SOMA MOVE	16.00-17.00 YOGA



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