


# HEALTH ANGELS TIMEPLAN **HØST** SESONGEN 2018

MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG	SØNDAG
09:15 - 10:15 Seniortrening 1 v/Helene	09:30 - 11:00 MIX & TRIX v/Tone	09:00 - 10:00 Foundation Training v/Karin	09:30 - 10:30 Styrke/Balanse v/June	09:00 - 10:00 Senior-PILATES 1 v/Gjermund		
10:30 - 11:30 Seniortrening 2 v/Helene		10:30 - 11:30 YOGA v/Karin	10:45 - 11:45 Styrketrening MENN 60+ v/June	10:15 - 11:15 Senior-PILATES 2 v/Gjermund	<b>LEIE SALEN?</b> mail/ring; <a href="mailto:post@healthangels.net">post@healthangels.net</a> / 91158252	
17:00 - 18:30 MIX & TRIX v/Tone	17:15 - 18:15 Senior YOGA v/Helene	17:00 - 18:30 MIX & TRIX v/Tone			TIMEPLAN <b>HØST</b> 2018    <b>HEALTH ANGELS</b>  <a href="http://www.healthangels.net">www.healthangels.net</a> pr. 20.06.18 m/forbehold om endringer	
19:00 - 20:30 YOGA v/Karin	18:30 - 19:45 Cindy	19:00 - 20:00 Foundation Training v/Karin				
	20:00 - 21:00 High Energy KONDIS v/Janne		20:00 - 21:00 High Energy STYRKE v/June			