Sommarschema v 32-33

Drop in pass

PS TRÄNING & BEHANDLING

V32	Måndag 3/8	Tisdag 4/8	Onsdag 5/8	Torsdag 6/8	Fredag 7/8	Lördag 8/8	Söndag 9/8
		11:45-12:30 **Ute 45** **Drop-in Silje**		06:45-07:30 **Cirkel 45** **Drop-in Silje**	11:45-12:30 **Cirkel 45** **Drop-in Silje**	8:45-9:30 Cirkel 45 **Drop-in Rosa**	
	18:30-19:15 **Cirkel 45** **Drop-in Silje**		18:30-19:15 **Styrka 45** **Drop-in Sara**	18:00.18:45 **Löpning** **Drop-in Jenny**			16:30-17:15 **Styrka 45** **Drop-in Sara**
v33	**Måndag 10/8**	**Tisdag 11/8**	**Onsdag 12/8**	**Torsdag 13/8**	**Fredag 14/8**	**Lördag 15/8**	**Söndag 16/8**
	06:30-07:15 **Mobility/Core** **Drop-in Tollis**	11:45-12:30 **Ute 45** **Drop-in Pia**			11:45-12:30 **Cirkel 45** **Drop-in Pia**	8:45-9:30 **Cirkel 45** **Drop-in Derya**	
	18:30-19:15 **Cirkel 45** **Drop-in Silje**	18:30-19:15 **Cirkel 45** **Drop-in Derya**	18:30.19:15 **Styrka 45** **Drop-in Pia**	18:00.18:45 **Löpning** **Drop-in Jenny**			15:30-16:15 **Styrka 45** **Drop-in Tollis**
				18:00.18:45 **Styrka 45** **Drop-in Sara**			16:30-17:15 **Styrka 45** **Drop-in Sara**