

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND</b>						
5:00AM - 6:15AM LES MILLS <b>BODYPUMP</b>	5:00AM - 6:15AM LES MILLS <b>GRIT</b>   STRENGTH	5:00AM - 6:30AM LES MILLS <b>barre</b>	5:00AM - 6:15AM LES MILLS <b>SH'BAM</b>	5:00AM - 6:30AM LES MILLS <b>BODYCOMBAT</b>	5:00AM - 7:55AM LES MILLS <b>BODYCOMBAT</b>	5:00AM - 7:55AM LES MILLS <b>GRIT</b>   STRENGTH
6:30AM - 7:00AM LES MILLS <b>BODYCOMBAT</b>	6:30AM - 7:00AM LES MILLS <b>BODYBALANCE</b>	7:25AM - 7:55AM LES MILLS <b>BODYBALANCE</b>	6:30AM - 7:15AM LES MILLS <b>BODYBALANCE</b>	6:45AM - 7:15AM LES MILLS <b>CXWORX</b>	8:00AM - 9:00AM LES MILLS <b>BODYPUMP</b>	8:00AM - 8:30AM LES MILLS <b>CXWORX</b>
7:10AM - 7:40AM LES MILLS <b>CXWORX</b>	7:10AM - 7:40AM LES MILLS <b>SH'BAM</b>	8:05AM - 9:05AM LES MILLS <b>BODYPUMP</b>	7:20AM - 7:40AM LES MILLS <b>BODYPUMP</b>	7:15AM - 7:45AM LES MILLS <b>SH'BAM</b>	9:10AM - 9:55AM LES MILLS <b>BODYBALANCE</b>	8:40AM - 9:10AM LES MILLS <b>barre</b>
7:50AM - 8:05AM LES MILLS <b>BODYBALANCE</b>	7:50AM - 8:35AM LES MILLS <b>CXWORX</b>	9:15AM - 9:35AM LES MILLS <b>CXWORX</b>	7:50AM - 8:50AM LES MILLS <b>barre</b>	8:05AM - 8:35AM LES MILLS <b>BODYPUMP</b>	10:10AM - 10:55AM LES MILLS <b>SH'BAM</b>	9:20AM - 9:50AM LES MILLS <b>BODYCOMBAT</b>
8:10AM - 8:40AM LES MILLS <b>SH'BAM</b>	8:40AM - 8:55AM LES MILLS <b>BODYCOMBAT</b>	9:45AM - 10:15AM LES MILLS <b>BODYCOMBAT</b>	9:05AM - 9:35AM LES MILLS <b>CXWORX</b>	8:45AM - 9:30AM LES MILLS <b>GRIT</b>   STRENGTH	11:05AM - 11:35AM LES MILLS <b>CXWORX</b>	10:00AM - 10:45AM LES MILLS <b>CXWORX</b>
8:50AM - 9:35AM LES MILLS <b>barre</b>	9:05AM - 10:05AM LES MILLS <b>BODYPUMP</b>	10:25AM - 11:10AM LES MILLS <b>SH'BAM</b>	9:40AM - 10:10AM LES MILLS <b>SH'BAM</b>	9:40AM - 10:10AM LES MILLS <b>BODYCOMBAT</b>	11:40AM - 11:55AM LES MILLS <b>BODYBALANCE</b>	11:00AM - 11:15AM LES MILLS <b>BODYPUMP</b>
9:45AM - 10:15AM LES MILLS <b>GRIT</b>   STRENGTH	10:15AM - 10:35AM LES MILLS <b>BODYBALANCE</b>	11:15AM - 11:45AM LES MILLS <b>BODYBALANCE</b>	10:20AM - 10:50AM LES MILLS <b>BODYCOMBAT</b>	10:20AM - 11:20AM LES MILLS <b>BODYPUMP</b>	12:00PM - 12:30PM LES MILLS <b>barre</b>	11:25AM - 12:25PM LES MILLS <b>GRIT</b>   STRENGTH
10:25AM - 10:55AM LES MILLS <b>CXWORX</b>	10:45AM - 11:05AM LES MILLS <b>barre</b>	11:50AM - 12:10PM <b>ONDEMAND</b>	11:00AM - 11:30AM LES MILLS <b>GRIT</b>   STRENGTH	11:30AM - 12:00PM <b>ONDEMAND</b>	12:40PM - 1:10PM LES MILLS <b>CXWORX</b>	12:40PM - 1:10PM LES MILLS <b>BODYCOMBAT</b>
11:05AM - 11:35AM LES MILLS <b>BODYPUMP</b>	11:15AM - 11:45AM LES MILLS <b>CXWORX</b>	12:15PM - 2:55PM LES MILLS <b>BODYPUMP</b>	11:40AM - 12:10PM <b>ONDEMAND</b>	12:15PM - 2:55PM LES MILLS <b>BODYCOMBAT</b>	1:15PM - 1:45PM LES MILLS <b>BODYCOMBAT</b>	1:20PM - 1:50PM LES MILLS <b>SH'BAM</b>
11:45AM - 12:05PM <b>ONDEMAND</b>	11:55AM - 12:10PM <b>ONDEMAND</b>	3:00PM - 4:00PM LES MILLS <b>BODYBALANCE</b>	12:15PM - 2:50PM LES MILLS <b>GRIT</b>   STRENGTH	3:00PM - 3:45PM LES MILLS <b>BODYBALANCE</b>	1:50PM - 2:35PM LES MILLS <b>GRIT</b>   STRENGTH	2:00PM - 2:45PM LES MILLS <b>BODYBALANCE</b>
12:15PM - 2:55PM LES MILLS <b>BODYCOMBAT</b>	12:15PM - 2:55PM LES MILLS <b>SH'BAM</b>	4:15PM - 5:00PM LES MILLS <b>CXWORX</b>	2:55PM - 3:25PM LES MILLS <b>CXWORX</b>	3:50PM - 4:50PM LES MILLS <b>CXWORX</b>	2:45PM - 3:15PM LES MILLS <b>SH'BAM</b>	3:00PM - 4:00PM LES MILLS <b>SH'BAM</b>
3:00PM - 3:45PM LES MILLS <b>BODYPUMP</b>	3:00PM - 3:45PM LES MILLS <b>GRIT</b>   STRENGTH	6:00PM - 6:15PM LES MILLS <b>SH'BAM</b>	3:35PM - 4:05PM LES MILLS <b>SH'BAM</b>	4:55PM - 5:25PM LES MILLS <b>barre</b>	3:25PM - 4:10PM LES MILLS <b>BODYPUMP</b>	4:15PM - 4:45PM LES MILLS <b>CXWORX</b>
4:00PM - 4:30PM LES MILLS <b>BODYBALANCE</b>	3:55PM - 4:25PM LES MILLS <b>BODYCOMBAT</b>	6:20PM - 7:05PM LES MILLS <b>GRIT</b>   STRENGTH	4:10PM - 4:55PM LES MILLS <b>BODYPUMP</b>	5:30PM - 6:00PM LES MILLS <b>BODYCOMBAT</b>	4:25PM - 4:55PM LES MILLS <b>CXWORX</b>	4:55PM - 5:25PM LES MILLS <b>BODYPUMP</b>
5:30PM - 5:50PM LES MILLS <b>SH'BAM</b>	4:35PM - 5:35PM LES MILLS <b>BODYPUMP</b>	7:15PM - 7:45PM LES MILLS <b>BODYCOMBAT</b>	6:10PM - 6:40PM LES MILLS <b>CXWORX</b>	6:05PM - 6:50PM LES MILLS <b>BODYPUMP</b>	5:05PM - 5:35PM LES MILLS <b>GRIT</b>   STRENGTH	5:35PM - 6:20PM LES MILLS <b>BODYCOMBAT</b>
7:45PM - 8:30PM <b>ONDEMAND</b>	5:45PM - 6:45PM LES MILLS <b>barre</b>	7:55PM - 8:55PM <b>ONDEMAND</b>	6:50PM - 7:20PM LES MILLS <b>BODYBALANCE</b>	7:00PM - 7:45PM <b>ONDEMAND</b>	5:45PM - 6:15PM LES MILLS <b>barre</b>	6:30PM - 7:30PM LES MILLS <b>barre</b>
9:15PM - 11:30PM	6:55PM - 7:25PM LES MILLS <b>CXWORX</b>	9:35PM - 11:30PM	7:30PM - 8:30PM <b>ONDEMAND</b>	8:35PM - 11:30PM	6:30PM - 7:00PM LES MILLS <b>BODYBALANCE</b>	7:15PM - 7:35PM
	7:30PM - 8:00PM <b>ONDEMAND</b>		9:15PM - 11:30PM			
	9:15PM - 11:30PM					

OBS! De pass som ligger utanför våra bemannade öppettider är endast för våra nyckelgymskunder och markerade i **rött**.

Ondemand innebär att du själv väljer pass de tiderna. Läs mer om passbeskrivningarna på vår hemsida och har du frågor, tveka inte att ta upp dem i receptionen.

Ändringar kan förekomma och aktuellt schema hittar du på vår bokningssida på hemsidan! Vi rekommenderar att du använder dig av den som utgångspunkt för din planering 😊