

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

**ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND ONDEMAND**

OnDemand från Kl. 05:00 varje morgon!

<p><b>LES MILLS BODYPUMP</b> 6:30AM - 7:15AM</p> <p><b>LES MILLS BODYCOMBAT</b> 7:25AM - 7:55AM</p> <p><b>LES MILLS BODYATTACK</b> 8:10AM - 8:40AM</p> <p><b>LES MILLS SH'BAM</b> 8:50AM - 9:35AM</p> <p><b>LES MILLS CORE</b> 9:45AM - 10:15AM</p> <p><b>LES MILLS barre</b> 10:25AM - 10:55AM</p> <p><b>LES MILLS CORE</b> 11:05AM - 11:35AM</p> <p><b>LES MILLS BODYPUMP</b> 11:45AM - 12:05PM</p> <p><b>ONDEMAND</b> 12:05PM - 2:55PM</p> <p><b>LES MILLS BODYCOMBAT</b> 3:00PM - 3:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p> <p><b>LES MILLS CORE</b> 4:40PM - 5:10PM</p> <p><b>LES MILLS barre</b> 6:15PM - 6:45PM</p> <p><b>LES MILLS BODYATTACK</b> 6:55PM - 7:25PM</p> <p><b>LES MILLS CORE</b> 7:30PM - 8:00PM</p> <p><b>LES MILLS SH'BAM</b> 8:15PM - 9:00PM</p> <p><b>ONDEMAND</b> 9:30PM - 11:30PM</p>	<p><b>LES MILLS CORE</b> 6:30AM - 7:00AM</p> <p><b>LES MILLS BODYBALANCE</b> 7:10AM - 7:40AM</p> <p><b>LES MILLS SH'BAM</b> 7:50AM - 8:35AM</p> <p><b>LES MILLS CORE</b> 8:40AM - 8:55AM</p> <p><b>LES MILLS BODYCOMBAT</b> 9:05AM - 9:35AM</p> <p><b>LES MILLS BODYATTACK</b> 9:45AM - 10:30AM</p> <p><b>LES MILLS BODYBALANCE</b> 10:45AM - 11:30AM</p> <p><b>ONDEMAND</b> 11:30AM - 2:55PM</p> <p><b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM</p> <p><b>LES MILLS CORE</b> 3:55PM - 4:25PM</p> <p><b>LES MILLS BODYCOMBAT</b> 4:35PM - 5:35PM</p> <p><b>LES MILLS BODYPUMP</b> 5:45PM - 6:45PM</p> <p><b>LES MILLS barre</b> 6:55PM - 7:25PM</p> <p><b>LES MILLS BODYBALANCE</b> 7:30PM - 8:30PM</p> <p><b>LES MILLS CORE</b> 8:40PM - 8:55PM</p> <p><b>ONDEMAND</b> 9:20PM - 11:30PM</p>	<p><b>LES MILLS BODYBALANCE</b> 6:30AM - 7:30AM</p> <p><b>LES MILLS CORE</b> 7:40AM - 7:55AM</p> <p><b>LES MILLS BODYATTACK</b> 8:05AM - 8:35AM</p> <p><b>LES MILLS BODYCOMBAT</b> 8:40AM - 9:10AM</p> <p><b>LES MILLS BODYPUMP</b> 9:15AM - 9:35AM</p> <p><b>LES MILLS CORE</b> 9:45AM - 10:15AM</p> <p><b>LES MILLS BODYCOMBAT</b> 10:25AM - 11:10AM</p> <p><b>LES MILLS SH'BAM</b> 11:15AM - 11:45AM</p> <p><b>ONDEMAND</b> 11:45AM - 2:50PM</p> <p><b>LES MILLS BODYPUMP</b> 3:00PM - 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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.