

# Schema\* Hydrohex Vattenträning vuxen

## Vattenkompaniet Aquabassängen

|       | Mån          | Tis          | Ons             | Tor             | Fre          | Lör          | Sön         |       |
|-------|--------------|--------------|-----------------|-----------------|--------------|--------------|-------------|-------|
| 07.00 |              |              |                 |                 |              |              |             | 07.00 |
| 08.00 | 08.15 POWER  | 08.15 CARDIO | 08.15 HIIT      | 08.15 CARDIO    | 08.15 CARDIO |              |             | 08.00 |
|       | 08.50 HIIT   | 08.50 BEAT   | 08.50 MOVE      | 08.50 POWER     | 08.50 POWER  | 08.50 CARDIO | 08.50 POWER |       |
| 09.00 |              |              |                 |                 | 09.25 CARDIO |              |             | 09.00 |
| 10.00 |              |              |                 |                 | 10.00 HIIT   |              |             | 10.00 |
|       |              |              |                 |                 | 10.35 BEAT   |              |             |       |
| 11.00 |              |              |                 |                 | 11.10 MOVE   |              |             | 11.00 |
|       |              |              |                 |                 | 11.45 CARDIO |              |             |       |
| 12.00 |              |              |                 |                 | 12.20 POWER  |              |             | 12.00 |
| 13.00 | 13.10 CARDIO | 13.10 POWER  | 13.10 CARDIO    | 13.10 CARDIO    | 13.00 HIIT   |              |             | 13.00 |
|       | 13.45 POWER  | 13.45 HIIT   | 13.45 MOVE      | 13.45 MOVE      | 13.45 CARDIO |              |             |       |
| 14.00 | 14.20 HIIT   | 14.20 CARDIO | 14.25 POWER     | 14.25 POWER     | 14.20 MOVE   |              |             | 14.00 |
|       |              |              |                 |                 |              |              |             |       |
| 15.00 | 15.00 CARDIO | 15.00 MOVE   | 15.00 CARDIO    | 15.00 HIIT      | 15.00 BEAT   |              |             | 15.00 |
|       | 15.40 MOVE   |              |                 |                 |              |              |             |       |
| 16.00 |              |              |                 |                 |              |              |             | 16.00 |
| 17.00 |              |              |                 |                 |              |              |             | 17.00 |
| 18.00 |              |              |                 |                 |              |              |             | 18.00 |
| 19.00 |              |              | 19.10 MOVE v.15 | 19.10 MOVE v.11 |              |              |             | 19.00 |
|       | 19.40 MOVE   |              |                 |                 |              |              |             |       |

\*med reservation för förändringar. Aktuellt schema finns alltid på vår bokningssida.