



# ACTIVE INCLUSIVE SCHEMA

	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
<b>7.00</b>	7.30 SUNRISE SWIM	7.30 SUNRISE SWIM	7.30 SUNRISE SWIM	7.00-7.45 SATS YOGA 45 7.30 SUNRISE SWIM	7.00-7.45 SATS CYCLING 45 7.30 SUNRISE SWIM	7.30 SUNRISE SWIM	7.30 SUNRISE SWIM
<b>9.00</b>			8.00-9.00 SUP YOGA			10.00-10.40 KIDS SWIM	8.00-9.00 SATS YOGA 60 10.00-10.45 SUP FLOATING PLAY
<b>11.00</b>	12.00-12.45 SATS CROSSTRaining	10.00-12.00 SNOW SHOE HIKE 12.00-12.30 SATS OFF-PISTE	10.00-12.00 SNOW SHOE HIKE 12.00-12.45 SATS CROSSTRaining	10.00-12.00 SNOW SHOE HIKE	10.00-12.00 SNOW SHOE HIKE 12.00-12.45 SATS CROSSTRaining	10.00-12.00 SNOW SHOE HIKE	
<b>13.00</b>		12.30-13.00 SATS ABSOLUTION 30 13.00-13.21 SATS 21 MINUTE BODY					
<b>15.00</b>			14.00-15.00 CROSS COUNTRY SKIING FAMILY	14.00-15.00 CROSS COUNTRY SKIING FAMILY	14.00-15.00 CROSS COUNTRY SKIING FAMILY 16.00-16.45 YOGA FOR KIDS	16.00-16.45 FAMILY YOGA	
<b>17.00</b>	17.30-18.25 SATS CYCLING 55	17.30-18.25 SATS DANS STEP 55 17.30-18.25 SATS CYCLING 55	17.00-18.00 KIDS PARCOUR 18.00-18.30 SATS OFF-PISTE 30	17.30-18.25 SATS DANCEAEROBIC 55	17.00-17.55 SATS VECKANS GÄST- SPEL		18.00-18.45 SATS CROSSTRaining
<b>19.00</b>	18.30-19.00 SATS CORE 30 19.00-20.00 SATS ZUMBA 60	18.30-19.25 SATS BODYBALANCE 55 19.30-21.00 SATS YINYOGA 90	18.30-19.25 SATS CYCLING 55	18.30-19.25 SATS GLOBAL YOGA 60 19.30-20.30 SATS YOGA FOR MEN 55			19.00-19.30 SATS CX WORKS 30 19.30-21.00 SATS BODYBALANCE 55

BOKA PLATS PÅ AKTIVITETERNA I ACTIVITY HUB ELLER PÅ [TIMECENTER.SE/HOLIDAYCLUB](https://timecenter.se/holidayclub)