



ACTIVE INCLUSIVE SCHEMA

SÖNDAG 29/10

MÅNDAG 30/10

TISDAG 31/10

ONSDAG 1/11

TORSDAG 2/11

FREDAG 3/11

LÖRDAG 4/11

7.00	08.00-09.00 SATS YOGA		08.00-09.00 SUP YOGA		07.00-07.45 SATS YOGA 08.00-09.00 SUP YOGA	07.00-07.45 SATS CYCLING 08.00-09.00 BODY PUMP	08.30-09.00 SATS CORE
9.00				09.00-19.00 FAMILY HIKE	10.00-11.00 CROSSTRaining FAMILY	09.00-10.00 FAMILY HIKE	
11.00		12.00-13.00 FAMILY HIKE	11.30-12.30 TRAIL RUNNING 12.00-12.45 SATS YOGA FOR ATHLETES	12.00-13.00 YOGA FOR ATHLETES	12.00-12.45 SATS CYCLING	12.00-12.45 SATS CROSSTRaining	
13.00			13.00-14.00 CROSSTRaining FAMILY	14.00-15.00 FAMILY WATER GAMES			13.00-14.00 KIDS SWIM TRAINING 14.00-15.00 FAMILY OBSTACLE GAMES
15.00	16.00-17.00 FAMILY OBSTACLE GAMES	15.00-16.00 BONFIRE FAMILY GAMES			16.00-17.00 BONFIRE FAMILY GAMES	15.00-16.00 BORN TO MOVE 16.00-17.00 FAMILY WATER GAMES	15.00-16.00 BORN TO MOVE
17.00		17.30-18.30 SATS ENERGY 19.30-20.30 SATS CYCLING INTERVAL	17.30-18.30 SATS DANCE STEP 17.30-18.15 SATS CYCLING 18.30-19.15 SATS YOGA FOR ATHLETES 19.30-20.45 YIN YOGA	17.30-18.30 BODY PUMP 18.30-19.00 SATS CYCLING HIT 19.15-19.45 SATS CORE	17.30-18.30 SATS DANCE AEROBIC 18.30-19.30 SATS CROSSTRaining 19.15-20.30 SATS YOGA		

MED RESERVATION FÖR ÄNDRINGAR

Boka plats på aktiviteterna i
Activity Hub eller på
timecenter.se/holidayclub