

	Mån	Tis	Ons	Tor	Fre	Lör	Sön
05.00 - 06.00	Open gym	Open gym	Open gym	Open gym	Open gym		
06.00 - 07.00	Open gym	Open gym	Open gym	Open gym	Open gym		
07.00 - 08.00	Open gym	Open gym	Open gym	Open gym	Open gym		
08.00 - 09.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
09.00 - 10.00	WOD	WOD	WOD	WOD	WOD	YinYoga *	Open gym
10.00 - 11.00	Open gym	Open gym	Open gym	Open gym	Open gym	Barbell S	Open gym
11.30 - 12.30	WOD	WOD	WOD	WOD	WOD	10.30-12.00	Open gym
12.00 - 13.00	Open gym	Open gym	Open gym	Open gym	Open gym	Lördags Mix	Open gym
13.00 - 14.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
14.00 - 15.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
15.30 - 16.30	Open gym	WOD	Open gym	Open gym	WOD	Open gym	Open gym
16.30 - 17.30	WOD	WOD	WOD	WOD	BAS	Open gym	Team WOD 16.00
17.30 - 18.30	WOD	OLY BAS	WOD	WOD	WOD	Open gym	Team WOD 17.00
18.30 - 19.30	BAS WOD+	BAS WOD+	BAS	Gymnastic S	Open gym	Open gym	Open gym
19.30 - 20.30	BAS	WOD	Barbell S	BAS	Open gym	Open gym	Open gym
20.30 - 21.30	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
21.30 - 22.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym

* Start under våren 2017.