**A-hallen (stora hallen)**

|  |  |  |  |  |  |  |  |
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| **TID** | **MÅNDAG** | **TISDAG** | **ONSDAG** | **TORSDAG** | **FREDAG** | **LÖRDAG** | **SÖNDAG** |
| **06-07** |  |  |  |  |  |  |  |
| **07-08** |  | NRK/NT innebandy (3) 07.30 – |  |  |  |  |  |
| **08-09** |  | NRK/NT innebandy (3) -08.30 |  | Pensionärer Badminton (2) |  |  |  |
| **09-10** | **STÄDNING\*** | **STÄDNING\*** | **STÄDNING\*** | Pensionärer Badminton (2) | **STÄDNING\*** |  |  |
| **10-11** | **STÄDNING\*** | **STÄDNING\*** | **STÄDNING\*** | **STÄDNING\*** | STÄDNING\* |  |  |
| **11-12** | **STÄDNING\*** | **STÄDNING\*** | STÄDNING\* | **STÄDNING\*** | **STÄDNING\*** |  |  |
| **12-13** |  |  |  |  |  |  |  |
| **13-14** |  |  |  |  |  |  |  |
| **14-15** |  |  |  |  |  |  |  |
| **15-16** |  |  | VIT (1)  15.30-16.00 |  |  |  |  |
| **16-17** |  |  | VIT (1) 16.00-17.00 |  |  |  |  |
| **17-18** |  |  |  |  |  |  | NUPS (4) |
| **18-19** |  |  |  |  |  |  | NUPS (4) |
| **19-20** |  |  |  |  |  |  |  |
| **20-21** |  |  |  |  |  |  |  |
| 1) VIT, Leo Bengtsson, ACQ64  2) Pensionärer, Torgny Olsson, 0340-661824  3) NRK/NT, Stephan Andersson, PZLL 4) Kristian Wallman NUPS, BEY14, 070-9152039 | | | | \*) Städning mellan 9.30-11.30 varje vardag | | | |

###### F-hallen (cafeterian)

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| **TID** | **MÅNDAG** | **TISDAG** | **ONSDAG** | **TORSDAG** | **FREDAG** |
| **07-08** |  | Yoga (1)  06:45-07:30 | Pinngympa (1)  06.45-07.30 |  |  |
| **08-09** |  |  |  |  |  |
| **09-10** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** |
| **10-11** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** |
| **11-12** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** | **STÄDNING\*\*\*** |
| **12-13** |  |  |  |  |  |
| **13-14** |  |  |  |  |  |
| **14-15** |  |  |  |  |  |
| **15-16** |  | Box (1)  15.30-16.00 | Styrka\* (1) 15:30-16:00 | Mindfullness\*\* (1) 15:30-16:00 |  |
| **16-17** |  | Box (1)  16:00-17.00 | Styrka\* (1) 16:00-17:00 | Mindfullness\*\* (1) 16:00-17:00 |  |
| **17-18** |  |  | Styrka\* (1) 17:00-17:30 | Mindfullness\*\*(1) 17:00-17:30 |  |
| **18-19** |  |  |  |  |  |
| **19-20** |  |  |  |  |  |
| 1) Öppna pass, RAB \*) Kombineras med spinning \*\*) Körs varannan vecka, jämna veckor  \*\*\*) Städning mellan 9.30-11.30 varje vardag | | | | | |
|  | | | | | |

###### C-hallen (spinningsalen)

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| **TID** | **MÅNDAG** | **TISDAG** | **ONSDAG** | **TORSDAG** | **FREDAG** |
| **08-09** |  |  |  |  |  |
| **09-10** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** |
| **10-11** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** |
| **11-12** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** | **STÄDNING\*\*** |
| **12-13** |  |  |  |  |  |
| **13-14** |  |  |  |  |  |
| **14-15** |  |  |  |  |  |
| **15-16** |  |  | Spinning (1) \* 15:45-16:00 |  | Spinning (1) 15.30-16.45 |
| **16-17** | Spinning (1) 16:00-17:00 |  | Spinning (1) \* 15:45-16:45 |  | Spinning (1) 15.30-16.45 |
| **17-18** | Spinning (1) 17:00-17:30 |  |  |  |  |

1. Öppna pass, RAB \*) Kombineras med styrka i F-hallen

\*\*) Städning mellan 9.30-11.30 varje vardag