

Rope Yoga Setrið stundaskrá vetur 2012

Stóri salur

Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
06:45-07:55 Grunnnámsk. Ásta		06:45-07:55 Grunnnámsk. Ásta		06:45-07:55 Grunnnámsk. Ásta	09:10 - 10:20 RY ástundun / Grunn. Ásta
					10:30 - 12:00 Rope Yoga FLEX Guðni
11:45-12:55 RopeYoga GOLF Árni		11:45-12:55 RopeYoga GOLF Árni		11:45-12:55 RopeYoga GOLF Árni	
16:15 - 17:25 RY ástundun Ásta	16:15 - 17:25 Grunnnámsk. Ásta	16:15 - 17:25 RY ástundun Ásta	16:15 - 17:25 Grunnnámsk. Ásta	16:15 - 17:25 RY ástundun Ásta	
17:35 - 18:45 RopeYoga TRX Árni	17:35 - 18:45 Grunnnámsk. Guðni	17:35 - 18:45 RopeYoga TRX Árni	17:35 - 18:45 Grunnnámsk. Guðni	17:35 - 18:45 RopeYoga TRX Árni	
18:55-20:05 Grunnnámsk. Árni		18:55-20:05 Grunnnámsk. Árni		18:55-20:05 Grunnnámsk. Árni	

gló
motion

Skráningar á www.ropeyogasetrid.is

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Litli salur

Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
06:15 - 07:45 RopeYoga FLEX Guðni/Þór	06:15 - 07:45 RopeYoga FLEX Guðni/Þór	06:15 - 07:45 RopeYoga FLEX Guðni/Þór	06:15 - 07:45 RopeYoga FLEX Guðni/Þór	06:15 - 07:45 RopeYoga FLEX Guðni/Þór	
09:45-11:15 RopeYoga FLEX Guðni	10:30-12:00 RopeYoga FLEX Guðni	09:45-11:15 RopeYoga FLEX Guðni	10:30-12:00 RopeYoga FLEX Guðni	09:45-11:15 RopeYoga FLEX Guðni	
17:00 - 18:30 RopeYoga FLEX Guðni/Þór		17:00 - 18:30 RopeYoga FLEX Guðni/Þór		17:00 - 18:30 RopeYoga FLEX Guðni/Þór	
18:45 - 20:15 RopeYoga FLEX Guðni/Þór		18:45 - 20:15 RopeYoga FLEX Guðni/Þór		18:45 - 20:15 RopeYoga FLEX Guðni/Þór	

gló
motion

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