

## Schema After-Work - fredagar 17-18 i Lillsjökolan

### Våren 2018

Vecka	Datum	Ledare	Pass
3	19-jan	Annika	BootyCore
4	26-jan	Lena	Zumba
5	02-feb	Tyra	Qicong
6	09-feb	Kicki	Gympa Intense
7	16-feb	Maria	Gympa Classic
8	23-feb	Lillemor	Gympa Classic
9	02-mar	Micke S	HIIT styrka/core
10	09-mar	Annika	BootyCore
11	16-mar	Lena	Zumba
12	23-mar	Kicki	Gympa Intense
13	30-mar	LÅNGFREDAG	INGET PASS
14	06-apr	Lillemor	Gympa Classic
15	13-apr	Micke S	HIIT styrka/core
16	20-apr	Maria	Gympa Classic
17	27-apr	Annika	BootyCore
18	04-maj	Lillemor	Gympa Classic
19	11-maj	KRISTI HIMMEL	INGET PASS
20	18-maj	Kicki	Gympa Intense

Värd: Marie Pettersson