

Holdtræning i Arkaden og Hasseris for uge 28-31



Oversigt over alle vores hold i Arkaden og Hasseris

FYSIO
D A N M A R K

AALBORG

FYSIO
D A N M A R K

HASSERIS

Arkaden Mandag

| | Holdsal 1 | Holdsal 2 | Holdsal 3 | Træningssalen | Andet |
|-------|-------------------------------------|--------------------------------|---------------------------------|-------------------------------------|--|
| 7:30 | | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | | | | | |
| 9:30 | Senior pilates 9:30-10:25 | | | | |
| 10:00 | | | | | Neuro spinning 10:00-10:55 |
| 10:30 | | | | | |
| 11:00 | | | | | |
| 11:30 | | | | | |
| 12:00 | | GLAD knæ 12:00-12:55 | | | |
| 12:30 | Knæhold niv.2 12:30-13:25 | | | Knæhold niv.1 12:30-13:25 | |
| 13:00 | | | | | Neuro spinning 13:00-13:55 |
| 13:30 | | | | | |
| 14:00 | | | | | |
| 14:30 | | | | | |
| 15:00 | | | | | |
| 15:30 | | | | | |
| 16:00 | Ryghold niv.1 16:00-16:55 | | GLAD Ryg 16:00-16:55 | | iQniter spinning 16:00-16:55 |
| 16:30 | | | | | |
| 17:00 | Ryghold niv.2 17:00-17:55 | | Pilates 2 17:00-17:55 | | |
| 17:30 | | | | | |
| 18:00 | Pilates 1 18:00-18:55 | | | Av min arm 18:00-18:55 | |
| 18:30 | | | | | |
| 19:00 | | | | | |

Hasseris Mandag

| | Træningssal | Andet |
|-------|---------------------------------|--------------------------------|
| 7:30 | | |
| 8:00 | | |
| 8:30 | | |
| 9:00 | | |
| 9:30 | | |
| 10:00 | Neurohold 10:00-10:55 | |
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| 16:00 | Rehab 16:00-16:55 | |
| 16:30 | | |
| 17:00 | | Løbehold 17:00-17:55 |
| 17:30 | | |
| 18:00 | | |
| 18:30 | | |
| 19:00 | | |

Arkaden Tirsdag

| | Holdsal 1 | Holdsal 2 | Holdsal 3 | Træningssalen | Andet |
|-------|---------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|----------------------------|
| 7:30 | | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | | | | | |
| 9:30 | | | | | |
| 10:00 | Stræk og styrke 10:00-10:55 | GLAD knæ 10:00-10:55 | | | |
| 10:30 | | | | | |
| 11:00 | | | | Neuro styrke 11:00-10:35 | |
| 11:30 | | | | | |
| 12:00 | | | | | |
| 12:30 | Knæhold niv.1 12:30-13:25 | | | Knæhold niv.1 12:30-13:25 | |
| 13:00 | | | | | |
| 13:30 | | | | | |
| 14:00 | | | | | |
| 14:30 | | | | | |
| 15:00 | | | | | |
| 15:30 | Knæhold niv.1 15:30-16:25 | GLAD knæ 15:30-16:25 | | Knæhold niv.1 15:30-16:25 | |
| 16:00 | | | | | Yoga 16:00-16:55 |
| 16:30 | Knæhold niv.1 16:30-17:25 | | Knæhold niv.1 16:30-17:25 | | |
| 17:00 | | | | | |
| 17:30 | Knæhold niv.2 17:30-18:25 | Fit for fight 17:00-17:55 | | | |
| 18:00 | | | | | |
| 18:30 | Knæhold niv.3 18:30-19:25 | | | | |
| 19:00 | | | | | |

Hasseris Tirsdag

| | Træningssal | Andet |
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| 16:00 | Rehab UE 16:30-17:25 | |
| 16:30 | | |
| 17:00 | | |
| 17:30 | | Løbehold/styrketræning 17:30-18:25 |
| 18:00 | | |
| 18:30 | | |
| 19:00 | | |

Arkaden Onsdag

| | Holdsal 1 | Holdsal 2 | Holdsal 3 | Træningssalen | Andet |
|-------|---|--------------------------------------|-----------|----------------------------------|-------|
| 7:30 | | | | | |
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| 10:00 | | | | | |
| 10:30 | | | | | |
| 11:00 | Neuro styrke 11:00-10:35 | GLAD knæ 11:00-11:55 | | | |
| 11:30 | | | | | |
| 12:00 | | | | | |
| 12:30 | | | | | |
| 13:00 | Neuro styrke og kondition 13:00-13:55 | | | | |
| 13:30 | | | | | |
| 14:00 | | | | | |
| 14:30 | | | | | |
| 15:00 | | Ryghold niv. 2 15:00-15:55 | | | |
| 15:30 | | | | | |
| 16:00 | Pilates 1+2 16:00-16:55 | TRX-Skulder 16:00-16:55 | | | |
| 16:30 | | | | | |
| 17:00 | Ryghold niv. 2 17:00-17:55 | | | Av min arm 17:00-17:55 | |
| 17:30 | | | | | |
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Hasseris Onsdag

| | Træningssal | Andet |
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| 7:30 | | |
| 8:00 | | |
| 8:30 | | |
| 9:00 | | |
| 9:30 | | Bassin niv. 3 9:30-9:55 |
| 10:00 | | Bassin niv. 3 10:00-10:25 |
| 10:30 | | Bassin niv. 2 10:30-10:55 |
| 11:00 | | Bassin niv. 1 11:00-11:25 |
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| 17:00 | Ryghold niv. 2 17:00-17:55 | |
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| 18:00 | | |
| 18:30 | | |
| 19:00 | | |

Arkaden Torsdag

| | Holdsal 1 | Holdsal 2 | Holdsal 3 | Træningssalen | Andet |
|-------|---|--|---|-------------------------------------|-------|
| 7:30 | | | | | |
| 8:00 | | | | | |
| 8:30 | Knøhold niv.2 8:30-9:25 | | | | |
| 9:00 | | | | | |
| 9:30 | | | | | |
| 10:00 | Senior stræk/styrke 10:00-10:55 | | | Neuro styrke 10:00-10:55 | |
| 10:30 | | | | | |
| 11:00 | | GLAD 2 knø 11:00-11:55 | | | |
| 11:30 | | | | | |
| 12:00 | | GLAD knø 12:00-12:55 | | | |
| 12:30 | Knøhold niv.1 12:30-13:25 | | | Knøhold niv.1 12:30-13:25 | |
| 13:00 | | | | | |
| 13:30 | | | | | |
| 14:00 | | | | | |
| 14:30 | Knøhold niv.1 14:30-15:25 | | | Knøhold niv.1 14:30-15:25 | |
| 15:00 | | Neuro styrke og spinning 15:00-15:55 | | | |
| 15:30 | knøhold niv. 1 15:30-16:55 | | | Knøhold niv.1 15:30-16:25 | |
| 16:00 | GLAD Ryg 16:00-16:55 | | | | |
| 16:30 | | | | | |
| 17:00 | Knøhold niv.2 17:00-17:55 | Fit for fight 17:00-17:55 | Knøhold niv.3 og 3+ 17:00-17:55 | | |
| 17:30 | | | | | |
| 18:00 | Nakkehold 18:00-18:55 | | | | |
| 18:30 | | | | | |
| 19:00 | | | | | |

Hasseris Torsdag

| | Træningssal | Andet |
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| 7:30 | | |
| 8:00 | Rehab 8:00-8:55 | |
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| 16:00 | Rehab 16:00-16:55 | |
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Arkaden Fredag

| | Holdsal 1 | Holdsal 2 | Holdsal 3 | Træningssalen | Andet |
|-------|---|---------------------------------|-----------|---|-------|
| 7:30 | | TRX-Skulder 7:30-8:25 | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | | | | | |
| 9:30 | | | | | |
| 10:00 | Neuro tema og introtæning 10:00-10:55 | | | Neuro tema og introtæning 10:00-10:55 | |
| 10:30 | | | | | |
| 11:00 | | GLAD knæ 11:00-11:55 | | | |
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Hasseris Fredag

| | Træningssal | Andet |
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| 7:30 | | |
| 8:00 | | |
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| 9:00 | | |
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| 10:00 | Neuro 10:00-10:55 | |
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| 19:00 | | |

Åbningstider

Kennedy Arkaden

| | |
|---------|-------------|
| Mandag | 07:15-19:00 |
| Tirsdag | 07:15-19:00 |
| Onsdag | 07:15-19:00 |
| Torsdag | 07:15-19:00 |
| Fredag | 07:15-16:00 |

Hasseris

| | |
|---------|-------------|
| Mandag | 08:00-18:00 |
| Tirsdag | 08:00-18:00 |
| Onsdag | 08:00-18:00 |
| Torsdag | 08:00-18:00 |
| Fredag | 08:00-14:00 |

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