

| Tider       | Lifestyle | Föreläsning    | Örebro BK        | Kultihallen        | Multihallen               | Hall 1           | Hall 2            |
|-------------|-----------|----------------|------------------|--------------------|---------------------------|------------------|-------------------|
| 8.00-8.45   | Spinning  |                |                  |                    |                           |                  |                   |
| 9.30-9.50   |           |                |                  |                    |                           | INFORMATION      |                   |
| 10.00-11.10 |           |                | Boxning Grund    | Smallgroups        | Aerobic Dance             | CROSSFIT         | Bodybalance       |
| 11.25-12.35 |           | Andrew Pleick  |                  | TABATA 11.25-12.10 | Elementary Dance          | Bodycombat       | Core 11.25-12.10  |
| 12.50-14.00 |           |                |                  | Smallgroups        | Grit 12.50/CX13.30        | Zumba            | KETTLEBELLS GRUND |
| 14.15-15.25 |           |                | Boxning Fortsätt | Elin T Mixpass     | Bodypump                  | CROSSFIT         | Functional Toning |
| 15.40-16.50 |           | Cecilia Duberg |                  | Smallgroups        | 15.40-16.10 & 16.20-16.50 | Intervall/Flex   | KETTLEBELLS FORTS |
| 17.00-17.45 |           |                |                  |                    | Ovan 2Xfoamroller         | Avslutnings Yoga |                   |

|                   |                 |                   |       |                 |                    |          |         |
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| Lifestyle         | Desa/ulrica mfl | Anna Duberg       | Actic | Ö-o Rehabcenter | Sandy V Langenberg | Peaklife | Smedjan |
| Örebro BK -Kamran | Claudio Vargas  | Friskis & Sveltis |       |                 |                    |          |         |