

KL.	Mandag						Tirsdag						Onsdag						Torsdag						Fredag						Lørdag						Søndag																	
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6						
07.00																									POOL CLOSED/STENGT						POOL CLOSED/STENGT																							
08.00							suppama yoga 08.00-09.00																																															
09.00	HVL 09.00-15.00																																																					
10.00																																																						
11.00																			Barnehage 10.30-11-15																																			
12.00																																																						
13.00																																																						
14.00																																																						
15.00																																																						
16.00							suppama hiit 15.30-16.30						suppama hiit 16.00-17.00						PT																																			
17.00	PT						Easy Swim 16.45-19.30						Crawl barn 17.00-17.45						Crawl begynner, litt øvet og svømmeteknikk (POOL CLOSED/STENGT) 17.00-18.45																																			
18.00	Svømmeopl. 17.15-18.00																								Svømmetk. 18.00-18.45																													
19.00	Aqua intervall 18.15-19.00						POOL CLOSED						BSI																																									
20.00	BSI 19.15-20.15						NHHI 19.30-20.30						19.00-20.30						suppama hiit 19.15-20.15						Fristuping 19.30-20.30						POOL CLOSED/STENGT						POOL CLOSED/STENGT																	
21.00	BT SI												NHHI 20.30-21.30						UV 20.15-21.45						Rugby																													
22.00																																																						

Opening hours: Monday to Thursday 07.00-22.00, Friday 07.00-21.00, Saturday 09.00-17.00 and Sunday 10.00-19.00  
 The men's wardrobe closes Monday to Friday at 11.30 to 12.00 due to cleaning.  
 The women's wardrobe closes every Friday from 12.00 to 12.30 due to cleaning.