

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
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																									HVL 09.00-12.00						Familie svømming 10.00-12.00						Familie svømming 10.00-12.00										
11.00																									HVL 12.00-15.00						PT																
12.00																									HIB						BSI 13.00-14.30																
13.00																															BSI 13.00-14.30																
14.00																																															
15.00																																															
16.00							suppama hiit 15.30-16.30						suppama hiit 16.00-17.00						PT																		JIL 15.00-16.00										
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												Fristuping 16.30-17.30																
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						BSI 19.00-20.30						suppama hiit 19.15-20.15						Fristuping 19.30-20.30						POOL CLOSED/STENGT																
21.00	BT SI												NHHI 20.30-21.30						UV 20.15-21.45						Rugby						POOL CLOSED/STENGT																
22.00	POOL CLOSED/STENGT																																														

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.