



# LAUGASPORT

## Jóladagatal 2009 – opnir tímar

<b>Mán. 30.nóv</b> <b>6:00</b> boot camp <b>17:00</b> hjól/pump/balance <b>18:10</b> boot camp	<b>Pri 1.des</b> <b>6:00</b> Morgunþrek <b>17:00</b> Fit pilates	<b>Mið.2.des</b> <b>6:00</b> boot camp <b>17:00</b> Jólaþrek <b>18:10</b> boot camp	<b>Fim 3.des</b> <b>6:00</b> Morgunþrek <b>17:00</b> Jólaþrek	<b>Fös 4.des</b> <b>6:00</b> Boot camp <b>12:05</b> Hádegispúl  <b>20:30</b> <b>Jólahlaðborð</b> <b>Laugasports</b>	<b>Lau 5.des</b> <b>Opið</b> <b>10:00-</b> <b>17:30</b>	<b>Sun 6. des</b> <b>Opið</b> <b>10:00-</b> <b>17.30</b>
<b>Mán 7.des</b> <b>17:00</b> hjól/pump/balance <b>18:10</b> Boot camp	<b>Pri 8. des</b> <b>6:00</b> Morgunþrek <b>17:00</b> Fit pilates	<b>Mið 9.des</b> <b>17:00</b> Jólaþrek <b>18:10</b> Boot camp	<b>Fim 10.des</b> <b>6:00</b> Morgunþrek <b>17:00</b> Jólaþrek	<b>Fös 11.des</b> <b>6:00</b> Boot camp <b>12:05</b> Hádegispúl	<b>Lau 12.des</b> <b>Opið</b> <b>10:00-</b> <b>17:30</b>	<b>Sun 13.des</b> <b>Opið</b> <b>10:00-</b> <b>17.30</b>
<b>Mán 14.des</b> <b>17:00</b> hjól/pump/balance <b>18:10</b> Boot camp	<b>Pri 15.des</b> <b>6:00</b> Morgunþrek <b>17:00</b> Fit pilates	<b>Mið 16.des</b> <b>17:00</b> Jólaþrek <b>18:10</b> Boot camp	<b>Fim 17.des</b> <b>6:00</b> Morgunþrek <b>17:00</b> Jólaþrek	<b>Fös 18.des</b> <b>6:00</b> Boot camp <b>12:05</b> Hádegispúl	<b>Lau 19.des</b> <b>Opið</b> <b>10:00-</b> <b>17:30</b>	<b>Sun 20.des</b> <b>Opið</b> <b>10:00-</b> <b>17:30</b>
<b>Mán 21.des</b> <b>17:00</b> Jólaþrek <b>18:10</b> Boot camp	<b>Pri 22.des</b> <b>Opið</b> <b>7:00-20:30</b>	<b>Mið 23.des</b> <b>Opið</b> <b>7:00-13:00</b>	<b>Fim 24.des</b> <b>Opið</b> <b>10:00-12:00</b>	<b>Fös 25.des</b> <b>Lokað</b>	<b>Lau 26. des</b> <b>Lokað</b>	<b>Sun 27.des</b> <b>Opið</b> <b>10:00-</b> <b>17.30</b>
<b>Mán.28.des</b> <b>Opið</b> <b>7:00-20:30</b>	<b>Pri 29.des</b> <b>Opið</b> <b>7:00-20:30</b>	<b>Mið 30.des</b> <b>Opið</b> <b>7:00-20:30</b>	<b>Fim 31.des</b> <b>Opið</b> <b>10:00-12:00</b>	<b>Fös 1.jan</b> <b>Lokað</b>	<b>Lau 2.jan</b> <b>Opið</b> <b>10:00-</b> <b>17.30</b>	<b>Sun 3.jan</b> <b>Opið</b> <b>10:00-</b> <b>17:30</b>

**SUNDLAUGIN ER OPIN MÁNUDAG-FIMMTUDAGS FRÁ KL: 7:00 – 20: 30,  
FÖSTUD FRÁ KL.7:00-17.30 LAUGARDAG OG SUNNUDAG KL.10:00 – 17:30  
Ný tafla Laugasports tekur gildi mánudaginn 4. jan.**

gleðileg jól

