

EXERCISE CLASSES AUTUMN 2024

This schedule applies from week 33 to week 50. Sign up for our newsletter at motion.au.dk/

SPINNING classes: Days/times and registration information available in the Facebook group: [Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N](#)

Monday	Class	Please note!
07:30 – 08:30	Pilates and Stretch with Gitte	No registration required.
08:40 – 09:40	Cardio and Strength/Circuit Training 60+ with Gitte	No registration required.
16:00 – 17:00	Spinning	Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N
17:05 – 18:00	Interval Training/Cardio and Strength	No registration required.
18:05 – 19:05	Body Toning with Gitte	No registration required.
Tuesday	Class	Please note!
07:30 – 08:30	Spine Health (intermediate/advanced) with Gitte	Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk
08:40 – 09:40	Toning and Balance 60+ with Gitte	No registration required:
15:35 – 16:35 From Sept. 10.	Toning with Gitte	No registration required:
16:40 – 17:40 From Sept. 10.	Toning with Gitte	No registration required:
Wednesday	Class	Please note!
07:30 – 08:30	Spine Health (intermediate/advanced) with Gitte	Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk
10:30 – 11:30	Toning 60+ with Gitte	No registration required:
15:30 – 16:25	Spinning	Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus
16:30 – 18:00	Iyengar Yoga with Ilse	No registration required. NB: Start: Aug. 21st.
Thursday	Class	Please note!
07:00 – 07:55	Strong and Flexible with Foam Rollers with Gitte	No registration required:
08:00 – 09:00	Spine Health (beginner) with Gitte	Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk
15:50 – 16:50	Cardio and Strength Circuit training with Gitte	No registration required.
16:55 – 17:55	Spine Health - no registration with Gitte	No registration required:
Friday	Class	Please note!
07:30 – 08:30	Spine Health (beginner) with Gitte	Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk
08:40 – 09:40	60+ Stability Ball and Foam Roller with Gitte	No registration required:

16:00 – 17:30	Karate (Wado Ryu) with Peder	No registration required. Cancellations will be announced on Facebook: Karate @ AU Motionscentret
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