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

O7:30 - 08:30 Pilates and Stretch with Gitte O8:40 - 09:40 Cardio and Strength/Circuit Training 60+ with Gitte Registration required. With Gitte Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus No registration required. No registration requir	Monday	Class	Please note!
with Gitte 08:40 – 09:40 Cardio and Strength/Circuit Training 60+ with Gitte 16:00 – 17:00 Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N registration required. 17:05 – 18:00 Interval Training/Cardio and Strength No registration required. 18:05 – 19:05 Body Toning with Gitte Please note! Registration/sign up no later than 1 July 2024 holdtimelding@live.dk 08:40 – 09:40 Toning and Balance 60+ with Gitte No registration required: with Gitte No registration required: No registration required: Please note! No registration required: No registration required: Please note! Please	-	Pilates and Stretch	No registration required.
08:40 - 09:40 Cardio and Strength/Circuit Training 60+ with Gitte Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus N			3 10 11 11 11
with Gitte Spinning Registration/Sign-up: Facebook: Spinning AV, 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 Tuesday Class Please note! Registration/sign up no later than 1 July 2024 holdtlimelding@live.dk No registration required: with Gitte No registration required: with Gitte No registration required: with Gitte 16:40 – 17:40 From Sept. 10. Wednesday Class Spine Health (intermediate/advanced) with Gitte Wednesday Class Please note! Registration required: Please note! No registration required: With Gitte Please note! Registration/sign up no later than 1 July 2024 holdtlimelding@live.dk No registration required: Wednesday With Gitte 10:30 – 11:30 Spine Health (intermediate/advanced) with Gitte Registration/sign up no later than 1 July 2024 holdtlimelding@live.dk No registration required: with Gitte 15:30 – 16:25 Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus No registration required. No registration required. No registration required: with Gitte No registration required: with Gitte No registration required: with Gitte Registration/sign up no later than 1 July 2024 holdtlimelding@live.dk No registration required: with Gitte Registration/sign up no later than 1 July 2024 holdtlimelding@live.dk No registration required: with Gitte Please note! No registration required: No registration required: with Gitte Please note! No registration required: Please note! No registration required:	08:40 - 09:40		No registration required.
16:00 - 17:00 Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus N			The region and required
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 Please note! Tuesday Class Please note! Registration/sign up no later than 1 July with Gitte No registration required: 15:35 – 16:35 Toning No registration required: 15:35 – 16:35 Toning No registration required: 16:40 – 17:40 Toning No registration required: 16:40 – 17:40 Toning No registration required: 16:40 – 17:40 Toning No registration required: 16:30 – 18:30 Spine Health (intermediate/advanced) With Gitte Registration/sign up no later than 1 July with Gitte Registration/sign up no later than 1 July with Gitte Registration/sign-up: Facebook: 15:30 – 16:25 Spinning Registration/sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus No registration required: No registration required: 16:30 – 18:00 Iyengar Yoga with Ilse No registration required: N	16:00 – 17:00		Registration/Sign-up: Facebook:
Paludan Müllers Vej 110, 8200 Aarhus N No registration required.			
No registration required.			
17:05 - 18:00 Interval Training/Cardio and Strength No registration required.			•
18:05 - 19:05 Body Toning with Gitte Discovered Please note!	17:05 – 18:00	Interval Training/Cardio and Strength	
Tuesday Class Please note! 07:30 – 08:30 Spine Health (intermediate/advanced) with Gitte 08:40 – 09:40 Toning and Balance 60+ with Gitte 15:35 – 16:35 Toning Trom Sept. 10. Wednesday Class Please note! 07:30 – 08:30 Spine Health (intermediate/advanced) with Gitte 10:30 – 11:30 Toning 60+ with Gitte 15:30 – 16:25 Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus 16:30 – 18:00 Ivengar Yoga with lise 16:30 – 09:30 Spine Health (beginner) with Gitte 17:40 – 09:40 Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: No registration required: No registration required: Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus No registration required. NB: Start: Aug. 21st. Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: No registration required: No registration required: With Gitte Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: With Gitte Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: With Gitte Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk Registration required: With Gitte Registration required:		3,	
Tuesday Class Please note! 07:30 – 08:30 Spine Health (intermediate/advanced) with Gitte 08:40 – 09:40 Toning and Balance 60+ with Gitte 15:35 – 16:35 Toning Trom Sept. 10. Wednesday Class Please note! 07:30 – 08:30 Spine Health (intermediate/advanced) with Gitte 10:30 – 11:30 Toning 60+ with Gitte 15:30 – 16:25 Spinning Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk 10:30 – 18:00 Toning 60+ with Gitte 16:30 – 18:00 Toning 60+ with Gitte No registration required. NB: Start: Aug. 21st. Thursday Class Please note! No registration required. NB: Start: Aug. 21st. Thursday Class Please note! No registration required. No registration required: with Gitte No registration required. No registration required: with Gitte 16:55 – 17:55 Spine Health (beginner) with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Please note! No registration required:	18:05 – 19:05	Body Toning	No registration required.
O7:30 - 08:30 Spine Health (intermediate/advanced) with Gitte O8:40 - 09:40 Toning and Balance 60+ with Gitte No registration required: with Gitte Si:35 - 16:35 Toning No registration required: with Gitte No registration required: with Gitte No registration required: No registration required: With Gitte O7:30 - 08:30 Spine Health (intermediate/advanced) Registration/sign up no later than 1 July with Gitte O7:30 - 16:25 Spinning Registration/sign-up: Facebook: Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus No registration required. NB: Start: Aug. 21st. Thursday Class Please note! O7:00 - 07:55 Strong and Flexible with Foam Rollers with Gitte No registration required: No r			
O7:30 - 08:30 Spine Health (intermediate/advanced) Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: with Gitte Si:35 - 16:35 Toning No registration required: No registration required: With Gitte Si:35 - 16:35 Toning No registration required: With Gitte No registration required: With Gitte Si:30 - 10:30 Spine Health (intermediate/advanced) Registration/sign up no later than 1 July with Gitte Spinning Registration/sign-up: Facebook: Spinning Spine Health (intermediate/advanced) Registration/sign-up: Facebook: Spinning Spine Health (intermediate/advanced) Registration/sign-up: Facebook: Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Start: Aug. 21st. Please note! Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Start: Aug. 21st. Please note! Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Start: Aug. 21st. Please note! Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus Spinning AU	Tuesday	Class	Please note!
with Gitte 08:40 – 09:40 Toning and Balance 60+ with Gitte 15:35 – 16:35 From Sept. 10. Wide Gitte 16:40 – 17:40 Wednesday O7:30 – 08:30 Spine Health (beginner) with Gitte 15:30 – 16:55 Spine Health (beginner) with Gitte 16:50 – 16:50 Spine Health (beginner) with Gitte 16:50 – 08:30 Spine Health (beginner) with Gitte 16:50 – 08:30 Spine Health (beginner) with Gitte 17:40 Toning 60+ with Gitte 18:50 – 16:50 Spine Health (beginner) with Gitte 18:50 – 16:50 Spine Health (beginner) with Gitte 19:2024 holdtilmelding@live.dk No registration required. Please note! No registration required. No registration required. No registration required. Please note! No registration required. No registration required. Please note! No registration required. No registration required. Please note! No registration required.		Spine Health (intermediate/advanced)	Registration/sign up no later than 1 July
08:40 − 09:40 with Gitte Toning Toning and Balance 60+ with Gitte Toning Ton			
with Gitte 15:35 – 16:35 Toning No registration required: 16:40 – 17:40 Toning No registration/sign up no later than 1 July with Gitte 2024 holdtilmelding@live.dk 10:30 – 18:30 Toning 60+	08:40 - 09:40	Toning and Balance 60+	
From Sept. 10. with Gitte 16:40 – 17:40 Toning No registration required: Wednesday Class Please note! 07:30 – 08:30 Spine Health (intermediate/advanced) with Gitte No registration required: 10:30 – 11:30 Toning 60+ with Gitte Toning 60+ with Gitte Toning 60+ with Gitte Toning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus Please note! 15:30 – 16:25 Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus No registration required. NB: Start: Aug. 21st. No registration required No registration required			
From Sept. 10. with Gitte 16:40 – 17:40 From Sept. 10. with Gitte Wednesday O7:30 – 08:30 Spine Health (intermediate/advanced) with Gitte Thursday O7:50 – 07:55 Strong and Flexible with Foam Rollers with Gitte 08:00 – 09:00 Spine Health (beginner) with Gitte O7:30 – 08:30 Spine Health (beginner) with Gitte Please note! Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: No registration required. No registration required. NB: Start: Aug. 21st. No registration required: No registration required. No registration required. Please note! No registration required. No registration required.	15:35 – 16:35	Toning	No registration required:
16:40 - 17:40 From Sept. 10. With Gitte With Gitte Wednesday Class Please note Registration/sign up no later than 1 July with Gitte Young and Flexible with Foam Rollers With Gitte 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. No registration required: With Gitte No registration required in the Gitte Please note No registration required in Gitte Please note Please no	From Sept. 10.		
From Sept. 10. with Gitte 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. 07:00 – 07:55 Strong and Flexible with Foam Rollers with Gitte No registration required: 08:00 – 09:00 Spine Health (beginner) Registration/sign up no later than 1 July 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) Registration/sign up no later than 1 July with Gitte Registration/sign up no later than 1 July with Gitte 07:30 – 08:30 Spine Health (beginner) Registration required: Registration required:		Toning	No registration required:
WednesdayClassPlease note!07:30 - 08:30Spine Health (intermediate/advanced) with GitteRegistration/sign up no later than 1 July 2024 holdtilmelding@live.dk10:30 - 11:30Toning 60+ with GitteNo registration required:15:30 - 16:25SpinningRegistration/Sign-up: Facebook: Spinning AU, Vestereng Idraetszone, Paludan Müllers Vej 110, 8200 Aarhus16:30 - 18:00Iyengar Yoga with IlseNo registration required. NB: Start: Aug. 21st.ThursdayClassPlease note!07:00 - 07:55Strong and Flexible with Foam Rollers with GitteNo registration required:08:00 - 09:00Spine Health (beginner) with GitteRegistration/sign up no later than 1 July 2024 holdtilmelding@live.dk15:50 - 16:50Cardio and Strength Circuit training with GitteNo registration required.16:55 - 17:55Spine Health - no registration with GitteNo registration required:67:30 - 08:30Spine Health (beginner) with GitteRegistration/sign up no later than 1 July with Gitte70:30 - 08:30Spine Health (beginner) with GitteRegistration/sign up no later than 1 July 2024 holdtilmelding@live.dk70:30 - 08:4060+ Stability Ball and Foam RollerNo registration required:			3 30 3 3 3 3 3 3
with Gitte 10:30 – 11:30 Toning 60+ with Gitte 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! No registration required: with Gitte 88:00 – 09:00 Spine Health (beginner) with Gitte 16:55 – 16:50 Cardio and Strength Circuit training with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Please note! No registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required. No registration required: Who registration required: Registration required: Who registration required: Registration required: No registration required:		Class	Please note!
with Gitte 10:30 – 11:30 Toning 60+ with Gitte 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! No registration required: with Gitte 88:00 – 09:00 Spine Health (beginner) with Gitte 16:55 – 16:50 Cardio and Strength Circuit training with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Please note! No registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required. No registration required: Who registration required: Registration required: Who registration required: Registration required: No registration required:	07:30 - 08:30	Spine Health (intermediate/advanced)	Registration/sign up no later than 1 July
10:30 - 11:30 Toning 60+ with Gitte Registration / Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus			
15:30 - 16:25 Spinning Registration/Sign-up: Facebook: Spinning AU, Vestereng Idrætszone, Paludan Müllers Vej 110, 8200 Aarhus	10:30 - 11:30	Toning 60+	_
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) 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) Registration/sign up no later than 1 July with Gitte Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk 08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required:		with Gitte	
Paludan Müllers Vej 110, 8200 Aarhus 16:30 – 18:00	15:30 – 16:25	Spinning	Registration/Sign-up: Facebook:
16:30 - 18:00 Iyengar Yoga with Ilse			Spinning AU, Vestereng Idrætszone,
Thursday O7:00 – 07:55 Strong and Flexible with Foam Rollers with Gitte O8:00 – 09:00 Spine Health (beginner) 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 Priday Class Please note! No registration required: No registration required: Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required: No registration required: No registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required:			Paludan Müllers Vej 110, 8200 Aarhus
Thursday O7:00 – 07:55 Strong and Flexible with Foam Rollers with Gitte O8:00 – 09:00 Spine Health (beginner) with Gitte 15:50 – 16:50 Cardio and Strength Circuit training with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Please note! No registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required. No registration required: with Gitte Please note! O7:30 – 08:30 Spine Health (beginner) with Gitte Please note! Registration/sign up no later than 1 July 2024 holdtilmelding@live.dk No registration required:	16:30 - 18:00	Iyengar Yoga with Ilse	No registration required. NB: Start: Aug.
07:00 - 07:55Strong and Flexible with Foam Rollers with GitteNo registration required:08:00 - 09:00Spine Health (beginner) with GitteRegistration/sign up no later than 1 July 2024 holdtilmelding@live.dk15:50 - 16:50Cardio and Strength Circuit training with GitteNo registration required.16:55 - 17:55Spine Health - no registration with GitteNo registration required:60:30 - 08:30Spine Health (beginner) with GitteRegistration/sign up no later than 1 July 2024 holdtilmelding@live.dk08:40 - 09:4060+ Stability Ball and Foam RollerNo registration required:			21 st .
with Gitte 08:00 – 09:00	Thursday	Class	Please note!
with Gitte 15:50 – 16:50 Cardio and Strength Circuit training with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Priday Class Please note! Registration/sign up no later than 1 July with Gitte 08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required: No registration required: No registration required:	07:00 – 07:55	•	No registration required:
with Gitte 15:50 – 16:50 Cardio and Strength Circuit training with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Priday Class Please note! Registration/sign up no later than 1 July with Gitte 08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required: No registration required: No registration required:	08:00 - 09:00	Spine Health (beginner)	Registration/sign up no later than 1 July
15:50 – 16:50 Cardio and Strength Circuit training with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Friday Class Please note! 07:30 – 08:30 Spine Health (beginner) Registration/sign up no later than 1 July with Gitte 08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required:			
with Gitte 16:55 – 17:55 Spine Health - no registration with Gitte Please note! Registration/sign up no later than 1 July with Gitte 08:40 – 09:40 OH Stability Ball and Foam Roller No registration required:	15:50 – 16:50	Cardio and Strength Circuit training	
with Gitte Friday Class Please note! 07:30 – 08:30 Spine Health (beginner) with Gitte 08:40 – 09:40 GO+ Stability Ball and Foam Roller No registration required:			
with Gitte Friday Class Please note! 07:30 – 08:30 Spine Health (beginner) with Gitte 08:40 – 09:40 GO+ Stability Ball and Foam Roller No registration required:	16:55 – 17:55	Spine Health - no registration	No registration required:
07:30 – 08:30 Spine Health (beginner) Registration/sign up no later than 1 July with Gitte 2024 holdtilmelding@live.dk 08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required:		with Gitte	
with Gitte 2024 holdtilmelding@live.dk 08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required:	Friday	Class	Please note!
08:40 – 09:40 60+ Stability Ball and Foam Roller No registration required:	07:30 - 08:30	Spine Health (beginner)	Registration/sign up no later than 1 July
		with Gitte	2024 holdtilmelding@live.dk
with Cite	08:40 - 09:40	60+ Stability Ball and Foam Roller	No registration required:
with Gitte		with Gitte	

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