EXERCISE CLASSES AUTUMN SEASON 2025

**This schedule applies from week 33 to week 50.** Sign up for our newsletter at [motion.au.dk/](http://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 | **Cardio and Strength / Circuit training**  (from Monday January 8) with Gitte | No registration required |
| 18:05 – 19:05 | **Body Toning**  (from Monday January 8) with Gitte | No registration required |
| **Tuesday** | **Class** | **Please note!** |
| 07:30 – 08:30 | **Spine Health (intermediate/advanced)**  with Gitte | **Registration/sign up – see newsletter:** [holdtilmelding@live.dk](mailto:holdtilmelding@live.dk) |
| 08:40 – 09:40 | **Toning and Balance 60+**  with Gitte | No registration required |
| 15:35 – 16:35 | **Toning**  with Gitte | No registration required |
| 16:40 -17:40 | **Toning**  with Gitte | No registration required |
| **Wednesday** | **Class** | **Please note!** |
| 07:30 – 08:30 | **Spine Health (intermediate/advanced)**  with Gitte | **Registration/sign up – see newsletter:**  [holdtilmelding@live.dk](mailto: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**  withIlse | No registration required  **NB: first class – August 20** |
| **Thursday** | **Class** | **Please note!** |
| 07:00 – 07:55 | **Strong and Flexible with Foam Roller**  with Gitte | No registration required |
| 08:00 – 09:00 | **Spine Health** (beginner)  with Gitte | **Registration/sign up – see newsletter:** [holdtilmelding@live.dk](mailto: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 – see newsletter:**  [holdtilmelding@live.dk](mailto:holdtilmelding@live.dk) |
| 08:40 – 09:40 | **60+ Stability Ball and Foam Roller**  with Gitte | No registration required |
|  |  |  |