

EXERCISE CLASSES AUTUMN SEASON 2025

This schedule applies from week 33 to week 50. Sign up for our newsletter at [motion.au.dk/](mailto: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
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
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: 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
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
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

