

EXERCISE CLASSES AUTUMN SEASON 2026

Trøjborgvej, building 1914/1916, Spejlsalen (mirror studio)

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

Monday	Class	Please note!
07:15 – 08:15	Pilates & Stretch with Gitte	No registration required
08:25 – 09:25	Cardio and Strength/Circuit Training 60+ with Gitte	No registration required
15:55 – 16:55	Toning	No registration required
17:05 – 18:05	Cardio and Strength. Circuit training with Gitte	No registration required
Tuesday	Class	Please note!
07:15 – 08:15	Spine Health (intermediate/advanced) with Gitte	Registration – Deadline 1/7-26 https://tinyurl.com/AU-Motion-Ryghold
08:25 – 09:25	Toning and Balance 60+ with Gitte	No registration required
15:35 – 16:35	Toning with Gitte	No registration required
16:40 -17:40	Cardio and Strength. Circuit training with Gitte	No registration required
Wednesday	Class	Please note!
07:30 – 08:30	Spine Health (intermediate/advanced) with Gitte	Registration – Deadline 1/7-26 https://tinyurl.com/AU-Motion-Ryghold
10:30 – 11:30	Toning 60+ with Gitte	No registration required
11.40 – 12.10	Lunch Flow with Gitte	No registration required
16:30 – 18:00	Iyengar Yoga with Ilse	No registration required
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 – Deadline 1/7-26 https://tinyurl.com/AU-Motion-Ryghold
15:55 – 16:55	Cardio and Strength. Circuit training with Gitte	No registration required
17:00 – 18:00	Spine Health - no registration with Gitte	No registration required
Friday	Class	Please note!
07:30 – 08:30	Spine Health (beginner) with Gitte	Registration – Deadline 1/7-26 https://tinyurl.com/AU-Motion-Ryghold
08:40 – 09:40	Stability Ball and Foam Roller 60+ with Gitte	No registration required
16.00 – 17.30	Karate (Wado Ryu) with Peder	No registration is required