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| **Arnum-Gymnastik Skema 2022/2023** |

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|  | **MANDAG** | **TIRSDAG** | **ONSDAG** | **TORSDAG** | **FREDAG** | **LØRDAG** | **SØNDAG** |
| **09:30-10:00** |  |  |  |  |  |  | **FRA SKROT TIL HOT** |
| **10:00-10:30** |  | **M.K. MOTION** |  |  |  |  | **FRA SKROT TIL HOT** |
| **10:30-11:00** |  | **M.K. MOTION** |  |  |  |  |  |
| **11:00-11:30** |  |  |  |  |  |  | **FRA SKROG TIL MAND** |
| **11:30-12:00** |  |  |  |  |  |  | **FRA SKROG TIL MAND** |
| **12:00-12:30** |  |  |  |  |  |  |  |
| **12:30-13:00** |  |  |  |  |  |  |  |
| **13:00-13:30** |  |  |  |  |  |  |  |
| **13:30-14:00** |  |  |  |  |  |  |  |
| **14:00-14:30** |  |  |  |  | **SENIOR DANS** |  |  |
| **14:30-15:00** |  |  |  |  | **SENIOR DANS** |  |  |
| **15:00-15:30** |  |  |  |  | **SENIOR DANS** |  |  |
| **15:30-16:00** |  |  |  |  | **SENIOR DANS** |  |  |
| **16:00-16:30** |  | **SPILOPPER** |  |  | **SENIOR DANS** |  |  |
| **16:30-17:00** |  | **4 – 6 ÅR** | **Guldklumper** |  |  |  |  |
| **17:00-17:30** | **MINITONS** |  | **0 – 3 ÅR** |  |  |  |  |
| **17:30-18:00** | **0 – 3. KLASSE** |  |  |  |  |  |  |
| **18:00-18:30** |  |  |  |  |  |  |  |
| **18:30-19:00** | **JUNIORMIX** |  |  |  |  |  |  |
| **19:00-19:30** | **4. KL. OG OP** |  |  |  |  |  |  |
| **19:30-20:00** | **4. KL. OG OP** |  |  |  |  |  |  |
| **20:00-21:00** |  |  | **ZUMBA** |  |  |  |  |
| **21:00-22:00** |  |  |  |  |  |  |  |

[](http://www.google.dk/imgres?q=gymnastik&start=241&hl=da&sa=X&rlz=1R2ADRA_daDK426&biw=1441&bih=659&tbm=isch&prmd=imvnsl&tbnid=jUHkjQBMyAeghM:&imgrefurl=http://www.rask-molle.dk/arsberetning-2010-gymnastik/&docid=VZQLMFrzUNlVjM&w=150&h=150&ei=6xF7TtyPNcP34QTl1Ky3Dw&zoom=1&chk=sbg)[](http://www.google.dk/imgres?q=gymnastik&start=241&hl=da&sa=X&rlz=1R2ADRA_daDK426&biw=1441&bih=659&tbm=isch&prmd=imvnsl&tbnid=lddv-5POMn5anM:&imgrefurl=http://www.dgf.dk/events/default.asp?Num=109&Menu=813&docid=el0wONP5ne4FcM&w=250&h=143&ei=6xF7TtyPNcP34QTl1Ky3Dw&zoom=1&chk=sbg)[](http://www.google.dk/imgres?q=gymnastik&hl=da&sa=X&rlz=1R2ADRA_daDK426&biw=1441&bih=659&tbm=isch&prmd=imvnsl&tbnid=oMtxWJrf2TqTdM:&imgrefurl=http://www.valbyvaerested.dk/&docid=ULGl7nu-0k5drM&w=227&h=227&ei=Nft6TqugHpKO4gTp-J2rDQ&zoom=1)[](http://www.google.dk/imgres?q=gymnastik&hl=da&sa=X&rlz=1R2ADRA_daDK426&biw=1441&bih=659&tbm=isch&prmd=imvnsl&tbnid=IictJsY4se151M:&imgrefurl=http://www.dfh-holstebro.dk/news.php?readmore=78&docid=1M2_79d9YsnflM&w=287&h=300&ei=Nft6TqugHpKO4gTp-J2rDQ&zoom=1)[](http://www.google.dk/imgres?q=gymnastik&start=241&hl=da&sa=X&rlz=1R2ADRA_daDK426&biw=1441&bih=659&tbm=isch&prmd=imvnsl&tbnid=PweuwiM4BEa3uM:&imgrefurl=http://gymnastikpigerne.blogspot.com/2010/08/back-to-school-and-back-to-gymnastic.html&docid=m51XiSyxABDhtM&w=241&h=171&ei=6xF7TtyPNcP34QTl1Ky3Dw&zoom=1&chk=sbg)

**Gymnastikken starter i uge 40 - M.K. Motion starter i uge 43   
Seniordans starter i uge 37 - Zumba starter i uge 40** (med forbehold for ændringer)