

FOMO

FITNESS

FUNCTIONAL. HEALTHY. POWERFUL.

THIS SCHEDULE RUNS FROM 18/10/21 - 3/12/21. FREE TRIAL FROM 18/10 - 22/10

MONDAY

**07.30 FOMO FLOW
(40) YOGA ROOM**

ANNELI

**14.15 BACK TO
FOMO (30)**

ANNELI

**14.55 (30)
FOMOLICIOUS**

ANNELI

TUESDAY

**10.15 FUNCTIONAL
FOMO (45)**

CATO

**13.00 FUNCTIONAL
FOMO (30)**

ANNELI

**13.35 STRETCH
(25) YOGA ROOM**

ANNELI

WEDNESDAY

**08.45 (30)
FOMOLICIOUS**

ANNELI

**10.45 FUNCTIONAL
FOMO (45)**

EIRIK

**11.40 BACK TO
FOMO (30)**

EIRIK

**12.20 STRETCH
(25) YOGA ROOM**

EIRIK

THURSDAY

**10.15 FUNCTIONAL
FOMO (45)**

CATO

**11.05 FOMO FLOW
(30) YOGA ROOM**

EIRIK

**11.45 FUNCTIONAL
FOMO (30)**

EIRIK

FRIDAY

**08.00 FUNCTIONAL
FOMO (45)**

EIRIK

**12.15 FOMO FLOW
(30) YOGA ROOM**

ANNELI

**12.55 STRETCH
(25) YOGA ROOM**

ANNELI

FITNESS MENU DESCRIPTION



BACK TO FOMO

We got your back! In this 30 min. class we focus on upper body strength-exercises for back, shoulders, arms and core. You'll definitely be back after doing this.

FOMOLICIOUS

Don't be fooled by the name: This is a quite tough 30 min. workout with focus on legs, core and chest using bodyweight, bars and dumbbells. No matter your taste, this is definitely something you should «consume» weekly.

FUNCTIONAL FOMO

A complete full body-workout including dynamic warm-up and strength exercises, topped with a good old HIT.

Our trainers will provide options for different levels if needed.

FOMO STRETCH

This class is created primarily to help prevent "office-pains" like stiff neck, shoulders and back by using different techniques like stretching, foamrolling and meditation.

Do you really need to think about it?

FOMO FLOW

A fusion of body strength, balance, stability and stretching - a perfect "course", you could have any day of the week.

BOOKING?

When you become a member we invite you to our FOMO Fitness SPOND group.