

# SCHEMA #STRONGTOGETHER2018

## PRELIMINÄRT

	STUDIO ROSA	STUDIO GRÖN	STUDIO BLÅ	STUDIO GUL	PLAYGROUND
09.00	09.00–10.00 <b>MORNING GLORY YOGA</b> Blossom Tainton	09.10–09.55 <b>SH'BAM</b> Dorotka Baburin & Niklas Bohlin	09.30–10.20 <b>RPM</b> Adam Gripenblom	09.00–10.00 <b>FÖRELÄSNING</b> Aron Anderson	
10.00	10.15–11.15 <b>BODYPUMP</b> Michael Steenhouwer & Emelie Orosz	10.10–10.40 <b>BOOTY MOVE</b> Jessica Tito Martins, Sofie Roback, Pernilla Strömdahl & Fransisca Sparyttare	10.30–11.30 <b>CYKEL</b> Team NW		10.00–10.45 <b>TOUGHEST TRAINING</b> Karin Henderson
11.00	11.30–12.00 <b>GRIT STRENGTH</b> Jorge Scott	10.55–11.50 <b>SAZZY CHAIR JAZZ</b> Åsa Fornander	11.45–12.15 <b>SPRINT</b> Adam Gripenblom	11.00–12.00 <b>FÖRELÄSNING</b> Blossom Tainton	11.00–11.45 <b>TOUGHEST TRAINING</b> Karin Henderson
12.00	12.15–12.45 <b>CXWORX</b> Michael Steenhouwer	12.00–13.00 <b>SALSA</b> Aristides Denis Sanchez		12.30–13.30 <b>FÖRELÄSNING</b> Renata Chlumska	12.00–12.45 <b>TOUGHEST TRAINING</b> Karin Henderson
13.00	13.00–13.45 <b>CARDIO STEP</b> Karin Björneloo & Lotta Persson	13.15–14.15 <b>BODYCOMBAT</b> Michael Steenhouwer & Jorge Scott	13.00–13.45 <b>AKROYOGA</b> Sara Pedri & Joakim Kämpe		13.00–13.45 <b>TOUGHEST TRAINING</b> Karin Henderson
14.00	14.00–14.45 <b>BARRE</b> Dorotka Baburin	14.30–15.00 <b>GRIT PLYO</b> Jorge Scott	14.00–14.45 <b>POWERYOGA</b> Matilda Forsby		14.00–14.45 <b>TOUGHEST TRAINING</b> Karin Henderson
15.00	15.00–16.00 <b>BODYATTACK</b> TEAM NW	15.15–16.15 <b>BODYJAM</b> Dorotka Baburin & Hanna Lundh	15.00–15.45 <b>YOGA BEAT</b> Linda Adehög		15.00–15.45 <b>TOUGHEST TRAINING</b> Karin Henderson
16.00		16.30–17.00 <b>HIIT</b> Team NW	16.00–16.45 <b>YIN YOGA</b> Mer info kommer	15.30–16.30 <b>FÖRELÄSNING</b> Sierra De Goldsmith	
17.00	16.30–17.15 <b>BODYBALANCE</b> Hanna Lundh				

Med reservation för eventuella ändringar.