

SCHEMA #STRONGTOGETHER2018

PRELIMINÄRT

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

Med reservation för eventuella ändringar.