

# SCHEMA #STRONGTOGETHER2023

## PRELIMINÄRT

	STUDIO ROSA	STUDIO GRÖN	STUDIO BLÅ	STUDIO GUL	PLAYGROUND
09.00	09.00–09.45 <b>BODYPUMP®</b> Steve Tansley, Eva Dobesova, Karin Björneloo	09.15–10.00 <b>SPRING FIRE YOGA</b> Åsa Fornander	09.00–09.45 <b>JUMPING FITNESS</b> Instructorsteam Jumping Fitness	09.30–10.15 <b>CREATE YOURSELF</b> Mårten Nylén	
10.00	10.15–11.00 <b>DANCE INTERVAL</b> Mathias Sundqvist	10.30–11.15 <b>BASE CORE</b> Teresia Björkqvist	10.00–10.45 <b>JUMPING FITNESS</b> Instructorsteam Jumping Fitness		10.00–10.45 <b>CROSSCAGE</b> Ellen Eriksson
11.00	11.15–11.45 <b>BOOTY MOVE</b> Fransisca Sparryttare, Linda Härdin	11.30–12.15 <b>BODYCOMBAT</b> Steve Tansley	11.00–11.45 <b>JUMPING FITNESS</b> Instructorsteam Jumping Fitness	11.00–12.00 <b>SÅ SKAPAR DU EN HÅLLBAR DRÖM OCH NÅR DIT</b> Emilia Löf Karlsson	11.00–11.45 <b>CROSSCAGE</b> Jordan Farrell
12.00	12.00–12.45 <b>BODYATTACK</b> Sander Johansen, Eva Dobesova, Billy Magg	12.30–13.15 <b>SAZZY CHAIR</b> Åsa Fornander	12.00–12.45 <b>CHAKRA FLOW</b> Lenita Gustafsson Mathilda Forsby		12.00–12.45 <b>CROSSCAGE</b> Karolina Krigsman
13.00	13.00–13.45 <b>NW SENSATION 2023 VINNAREN</b> Jessica Nilsson	13.30–14.15 <b>DRUMZ</b> Sara Ullman, Maria Wolfhagen	13.15–14.15 <b>SILENT YOGA</b> Emilia Löf Karlsson	12.30–13.30 <b>ONE STEP BACK TWO STEPS FORWARD</b> Vahid Kulbay	13.00–13.45 <b>CROSSCAGE</b> Team NW
14.00	14.00–14.45 <b>CROSSCHALLENGE</b> Annie Kjelsson	14.30–15.15 <b>SHBAM</b> Niklas Bohlin Billy Magg		14.00–15.00 <b>LIVET GÅR ALLTID VIDARE</b> Patrick Ekwall	14.00–14.45 <b>CROSSCAGE</b> Carolina Zuffa
15.00	15.00–15.45 <b>FUNCTIONAL POWER</b> Evelina Eklund, Linda Karlsson	15.30–16.15 <b>HIIT</b> Maja Josefsson	14.45–15.30 <b>BODYBALANCE</b> Sander Johansen		15.00–15.45 <b>CROSSCAGE</b> Team NW
16.00	16.00–16.45 <b>SuperPowerz</b> Mårten Nylén		15.45–16.15 <b>LES MILLS CORE</b> Billy Magg, Niklas Bohlin	15.30–16.30 <b>BAKOM FASADEN</b> Viktor Frisk	16.00–16.45 <b>CROSSCAGE</b> Dusko Cvjic
17.00		16.30–17.15 <b>AFHO</b> Åsa Fornander	16.30–17.15 <b>FLEXIBILITY FLOW</b> Karin Björneloo		

Med reservation för eventuella ändringar.