

SCHEMA #STRONGTOGETHER2024

	STUDIO ROSA	STUDIO GRÖN	STUDIO GUL	STUDIO BLÅ	PLAYGROUND
09.00	09.00–09.45 BODYPUMP® Karin Björneloo & Team Nordic Wellness	08.45–09.15 BOOTYMOVE Louise Schütt Mauritzon	09:00–09.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell	09.30–10.30 YES YOU CAN Mårten Nylén	
10.00	10.15–11.00 FUNCTIONAL POWER Evelina Eklund & Linda Karlsson	09.30–10.15 DANCE INTERVAL Mathias Sundqvist & Team Nordic Wellness	10.00–10.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell		10.00–10.45 CROSSCAGE Team Nordic Wellness
11.00	11.15–12.00 P - STEP Per Markussen	10.30–11.15 LES MILLS SHAPES Marika Jिंगblad, Karin Björneloo & Niklas Bohlin	11.00–11.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell	11.00–12.00 JAG LÄR, JAG LEDER, JAG ÄR MITT LIV Kristin Kaspersen	11.00–11.45 CROSSCAGE Team Nordic Wellness
12.00	12.15–13.00 BODYCOMBAT Michel Joviken & Ulrica Móden	11.30–12.15 BODYATTACK Billy Magg & Team Nordic Wellness	12.00–12.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell		12.00–12.45 CROSSCAGE Team Nordic Wellness
13.00	13.15–14.00 SUPERSTAR CHALLENGE Mårten Nylén	12.45–13.30 BODYBALANCE Marika Jिंगblad & Hanna Lundh	13.00–13.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell	13.00–14.00 NÄR DE OMÖJLIGA BLIR MÖJLIGT Aron Andersson	13.00–13.45 CROSSCAGE Team Nordic Wellness
14.00	14.15–15.00 SOMA MOVE Kristin Kaspersen	13.45–14.30 HIIT EXPLOSION Karolina Krigsman & Ulrica Móden	14.00–14.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell	14.15–15.15 FRISKVÅRD Å LA BABBen Babben Larsson	14.00–14.45 CROSSCAGE Team Nordic Wellness
15.00	15.15–16.00 TECHNO YOGA Emilia Löf Karlsson	14.45–15.30 ZUMBA FITNESS Mikaela Norrman	15.00–15.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell		15.00–15.45 CROSSCAGE Team Nordic Wellness
16.00	16.15–17.00 LES MILLS DANCE Niklas Bohlin, Billy Magg & Hanna Lundh	15.45–16.30 FLEXIBILITY FLOW Lenita Gustavsson & Mathilda Forsby	16.00–16.45 FRED'S BOOTCAMP Carolina Zuffa, Therese Popristov, Maja Josefsson & Jordan Farrell	15.30–16.30 BAKOM YTAN OCH KULISSERNA Bingo Rimér & Julia Franzén	16.00–16.45 CROSSCAGE Team Nordic Wellness
17.00					

Med reservation för eventuella ändringar.