

# SCHEMA #STRONGTOGETHER2025

## PRELIMINÄRT

	STUDIO ROSA	STUDIO GRÖN	STUDIO BLÅ	STUDIO GUL	PLAYGROUND
09.00	08:45-09:30 <b>BODYPUMP®</b> Christine Skogastierna & Elina Ekelund	09:00-09:30 <b>BOOTYMOVE</b> Team Nordic Wellness	09:15-10:00 <b>LES MILLS PILATES</b> Niklas Bohlin		
10.00	10:00-10:45 <b>FUNCTIONAL POWER</b> Team Nordic Wellness	09:45-10:30 <b>DANCE</b> Team Nordic Wellness	10:15-11:00 <b>BODYBALANCE</b> Marika Jingblad & Christine Skogastierna	09:30-10:15 <b>MAKTENS KORRIDORER OCH SPELET BAKOM KULISSERNA</b> Thomas Bodström	10:00-10:45 <b>HYROX</b> Team Nordic Wellness
11.00	11:00-11:45 <b>YOGA FUSION NEON LIGHT</b> Emilia Löf Karlsson	10:30-11:15 <b>HIIT EXPLOSION</b> Team Nordic Wellness	11:15-12:00 <b>BALLance Dr. Tanja Kühne®</b> Maria Wolfhagen	11:00-11:45 <b>STARKA TILLSAMMANS</b> Lasse Gustavsson	11:00-11:45 <b>HYROX</b> Team Nordic Wellness
12.00	12:00-12:45 <b>CHAIR DANCE</b> Åsa Fornander	11:45-12:30 <b>NW SENSATION</b> Vinnaren i Nordic Wellness instruktörstävling	12:15-13:00 <b>HANDSTAND YOGA</b> Elaine De Souza	12:30-13:15 <b>16 WEEKS OF HELL EN FRAMGÅNGSSAGA</b> Tony Andersson & Magnus Hedman	12:00-12:45 <b>HYROX</b> Team Nordic Wellness
13.00	13:00-13:45 <b>BODYCOMBAT</b> Christine Skogastierna & Elina Ekelund	12:45-13:30 <b>DISQ TRAINING</b> Rob Haans & Jonas Lund	13:15-14:00 <b>CURAM RECOVERY</b> Lenita Gustafsson		13:00-13:45 <b>HYROX</b> Team Nordic Wellness
14.00	14:00-14:45 <b>HELKROPPSPASS</b> Lovisa Lofsan Sandström	13:45-14:30 <b>BODYATTACK</b> Billy Magg	14:15-15:00 <b>DANCE DETOX FLOW</b> Åsa Fornander	13:45-14:30 <b>ATT VÅGA MISSLYCKAS</b> Laila Bagge	14:00-14:45 <b>HYROX</b> Team Nordic Wellness
15.00	15:00-15:45 <b>CROSSCHALLENGE</b> Team Nordic Wellness	14:45-15:30 <b>DISQ TRAINING</b> Rob Haans & Jonas Lund	15:15-16:00 <b>LES MILLS SHAPES</b> Marika Jingblad & Elina Ekelund	15:00-15:45 <b>KATIA MOSALLYS RESA</b> Katia Mosally	15:00-15:45 <b>HYROX</b> Team Nordic Wellness
16.00		15:45-16:30 <b>MOBILTY FLOW</b> Team Nordic Wellness	16:00-16:45 <b>TBA</b>		16:00-16:45 <b>HYROX</b> Team Nordic Wellness
17.00	16:00-16:45 <b>BODYJAM</b> Niklas Bohlin & Billy Magg				

Med reservation för eventuella ändringar.