



**TAGG DINE BILDER
OG VIDEOER!**
#MASTERMANIA
#3TTRENING

GRUPPESAL



PILATES STUDIO



YOGASAL



KLASSEROM



SPINNSAL



TRENINGSSAL



FREDAG 06. NOVEMBER

16:30 - 17:30	Feel the music Jorge Mix			Build & Burn Pilates Bjørn Jakobsen	16:30 - 19:00 Instruktør workshop Jim Berg
17:45 - 18:45	MTV Dance Therese Fagerstrand	Basic Performance Jan Svensson	When we listen Marianne Ranum		

POWERED BY



LØRDAG 07. NOVEMBER

09:00 - 10:00	Dance yourself happy Jan Svensson	Power meets precision Kristine Jensvold	Rocket Yoga Bjørn Jakobsen	Pilates - The party Therése Hydén	Power Ride Thale Tremoen	Move like an athlete ★ Roger Ervik
10:15 - 11:15	HipHop Grooves Vol.1 Therese Fagerstrand	Power Advanced Tor Andersen	Creative Sequencing Aina Asbjørnsen	Soma - Move & breathe Jan Svensson	Play & Pay Jim Berg	30 Shift! ★ Mari Rotmo
11:30 - 12:30	CardioStep Olle Rehnqvist	High Energy Liv Agnes Gravrok	Soft Adventures Therése Hydén	Move with intention Kristine Jensvold	Hiit Spinn - New release! Siv-Elin Skogen	Athletic Interval ★ Thale Tremoen
12:30 - 13:15	LUNCH					
13:15 - 14:15	DanceAerobic Jorge Mix	Power Strenght Jan Svensson	Lila - YogaFlow Marianne Ranum	Strenghts & Motion pilates Bjørn Jakobsen	Go for the flow Jim Berg	Athletic Interval ★ Thale Tremoen
14:30 - 15:30	Commercial Choreo Therese Fagerstrand	Reformer Mobility Olle Rehnqvist	Graceful passages Aina Asbjørnsen	Yin & meditation Tor Andersen	Rave Ride #2 Trude S. Vinje	

SØNDAG 08. NOVEMBER

09:00 - 10:00	00s throwback dance Olle Rhnqvist	Power with 1 red spring Tor Andersen	Her true nature Therése Hydén	Dynamic Pilates Flow Jan Svensson	PulsSpinn Linn Opdøl	
10:15 - 11:15	DanceStep Therese Fagerstrand	The Athlete Lise Branem	Hot Pilates Hiit 30°C Thale Tremoen	PWR8 Pilates Elevate Tor Andersen	Push the power Jim Berg	Hybrid Adventure Lars Martin & Jenny S
11:30 - 12:30	Cardio - Guilty pleasures Lene Kristine & Kristine J	Feel good / Flow Mari Westad	Build to peak - Flow Liv Agnes Gravrok	Homecoming Therése Hydén	Choreo Cycling Olle Rehnqvist	30 Shift! Mari Rotmo
12:30 - 13:15	LUNCH					
13:15 - 14:15	Hip Hop Grooves Vol.2 Therese Fagerstrand	Power jumpboards & props Jan Svensson	Rocket Yoga 2 Bjørn Jakobsen	Unlock your corkscrew Olle Rhenqvist	Controlled pressure Trude S. Vinje	Runners performance boost Roger Ervik
14:30 - 15:30	Latin Party Jorge Mix	Flow with 1 blue spring Tor Andersen	YogaFlow Mari Westad	Ground through your roots Bjørn Jakobsen		



SKANN KODEN OG SE TIMEBESKRIVELSER
OG INFORMASJON OM PRESENTØRENE

