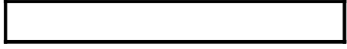


UGE: 39

2019

Monday	Tuesday	Wednesday	Thursday	Friday
9.30-10.00	9.30-10.00	9.30-10.00	9.30-10.00	9.30-10.00
INDIVIDUAL PREPARATION	INDIVIDUAL PREPARATION	INDIVIDUAL PREPARATION	INDIVIDUAL PREPARATION	INDIVIDUAL PREPARATION
10.00-11.20	10.00-11.20	10.00-11.20	10.00-11.20	10.00-11.20
Contemp. Technique Jens Schyth Brøndum	Contemp. Technique Jens Schyth Brøndum	Contemp. Technique Jens Schyth Brøndum	Contemp. Technique Jens Schyth Brøndum	Contemp. Technique Jens Schyth Brøndum
11.20-11.30	11.20-11.30	11.20-11.30	11.20-11.30	11.20-11.30
BREAK	BREAK	BREAK	BREAK	BREAK
11.30-13.00	11.30-13.00	11.30-13.00	11.30-13.00	11.30-13.00
Anatomy Benedikte Capion	Physical Training Sara Gaardbo. Ass. Sara Dyrun	Lecture Matti Kelmann. How to prevent injuries. REMEMBER NOTEBOOK	Anatomy Benedikte Capion	Physical Training Sara Gaardbo. Ass. Sara Dyrun
13.00-13.30	13.00-13.30	13.00-13.30	13.00-13.30	13.00-14.00
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH/MEETING
13.30-15.00	13.30-15.00	13.30-15.00	13.30-15.00	14.00-15.30
Experimental Hip Hop Maria Gauger	Experimental Hip Hop Maria Gauger	Lecture Matti Kelmann. How to prevent injuries. REMEMBER NOTEBOOK	Experimental Hip Hop Maria Gauger	Lecture Stine Andersen. REMEMBER NOTEBOOK
15.00-15.30	15.00-15.30	15.00-15.30	15.00-15.30	15.30-16.00
STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING

Ark1



Side 2