

UGE:47

2020

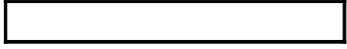
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9.30-10.00</b>	<b>9.30-10.00</b>	<b>9.30-10.00</b>	<b>9.30-10.00</b>	<b>9.30-10.00</b>
<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>
<b>10.00-11.20</b>	<b>10.00-11.20</b>	<b>10.00-11.20</b>	<b>10.00-11.20</b>	<b>10.00-11.20</b>
Floorbarre Sara	Yoga Hrönn Kold Sigurdardottir	Floorbarre Sara	Yoga Hrönn Kold Sigurdardottir	Floorbarre Sara
<b>11.20-11.30</b>	<b>11.20-11.30</b>	<b>11.20-11.30</b>	<b>11.20-11.30</b>	<b>11.20-11.30</b>
<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
<b>11.30-13.00</b>	<b>11.30-13.00</b>	<b>11.30-13.00</b>	<b>11.30-13.00</b>	<b>11.30-13.00</b>
Heels Technique Kathrine Klindt	Physical Training Sara	Heels Technique Kathrine Klindt	Physical Training Sara	Heels Technique Kathrine Klindt
<b>13.00-13.30</b>	<b>13.00-13.30</b>	<b>13.00-13.30</b>	<b>13.00-13.30</b>	<b>13.00-14.00</b>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH/MEETING</b>
<b>13.30-15.00</b>	<b>13.30-15.00</b>	<b>13.30-15.00</b>	<b>13.30-15.00</b>	<b>14.00-15.30</b>
Experimental Toby Dee Daran	Experimental Toby Dee Daran	Experimental Toby Dee Daran	Experimental Toby Dee Daran	Experimental Toby Dee Daran
<b>15.00-15.30</b>	<b>15.00-15.30</b>	<b>15.00-15.30</b>	<b>15.00-15.30</b>	<b>15.30-16.00</b>
<b>STRETCHING</b>	<b>STRETCHING</b>	<b>STRETCHING</b>	<b>STRETCHING</b>	<b>STRETCHING</b>

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2019

<b>Monday</b>	<b>Tuesday</b>	<b>Wendesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9.30-10.00</b>	<b>9.30-10.00</b>	<b>9.30-10.00</b>	<b>9.30-10.00</b>	<b>9.30-10.00</b>
<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>	<b>INDIVIDUAL PREPARATION</b>
<b>10.00-11.20</b>	<b>10.00-11.20</b>	<b>10.00-11.20</b>	<b>10.00-11.20</b>	<b>10.00-11.20</b>
We all meet at 9.30. Welcome and practical info Sara Gaardbo. Bring a notebook	Food And Nutrition Katrine Riemer. Bring your own book for notes.	Food And Nutrition Katrine Riemer. Bring your own book for notes.	Food And Nutrition Katrine Riemer. Bring your own book for notes.	Food And Nutrition Katrine Riemer. Bring your own book for notes.
<b>11.20-11.30</b>	<b>11.20-11.30</b>	<b>11.20-11.30</b>	<b>11.20-11.30</b>	<b>11.20-11.30</b>
<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
<b>11.30-13.00</b>	<b>11.30-13.00</b>	<b>11.30-13.00</b>	<b>11.30-13.00</b>	<b>11.30-13.00</b>
Physical Training Sara Gaardbo	Stretching class. Exercises to be given for your own personal stretching at the end of the day. Bring your notebook. Sara Gaardbo	Physical Training Sara Gaardbo	Individual preparation. Coaching Sara Gaardbo. Bring your notebook.	Physical Training Sara Gaardbo
<b>13.00-13.30</b>	<b>13.00-13.30</b>	<b>13.00-13.30</b>	<b>13.00-13.30</b>	<b>13.00-14.00</b>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH/MEETING</b>
<b>13.30-15.00</b>	<b>13.30-15.00</b>	<b>13.30-15.00</b>	<b>13.30-15.00</b>	<b>14.00-15.30</b>
Hip Hop Experimental Helene Duch Kjær	Hip Hop Foundation Emm Lee Yang Bang	Hip Hop Foundation Emm Lee Yang Bang	Hip Hop Foundation Emm Lee Yang Bang	Hip Hop Foundation Emm Lee Yang Bang
<b>15.00-15.30</b>	<b>15.00-15.30</b>	<b>15.00-15.30</b>	<b>15.00-15.30</b>	<b>15.30-16.00</b>
<b>STRETCHING</b>	<b>STRETCHING</b>	<b>STRETCHING</b>	<b>STRETCHING</b>	<b>STRETCHING</b>

Ark1



Side 3