

UGE:11

2020

Monday	Tuesday	Wendesday	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
Physical Training Sara	10.15-11.20 Technique Sara	10.15-11.40 Physical Training Sara	10.15-11.20 Technique Sara	Jens performance
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
Creating material Pictures	Creating material Pictures	11.50-13.00 Creating material Pictures	Creating material Pictures	Creating material Pictures
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
Creating material Pictures	Creating material Pictures	Creating material Pictures	Creating material Pictures	Creating material Pictures
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

UGE: 34

2019

Monday	Tuesday	Wendesday	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
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.
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
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
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
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
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

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Side 3