

STU1DIO IDO WORKSHOP

LØRDAG		
TID	SAL 1	SAL 2
10:30-11:30 (60 min)	PA KONK. TRENING Martine	FELLES OPPVARMING Ida
11:30-13:00 (90 min)	JAZZ KOREO Martine	DISCO KOREO Ida
13:00-13:45	LUNSJPAUSE	
13:45-15:15 (90 min)	JAZZ KOREO Martine	DISCO KOREO Ida
15:15-16:15 (60 min)	DISCO KONK. TRENING Ida	TEKNIKK Martine
16:15-16:30	FRUKTPAUSE	
16:30-17:30 (60 min)	DISCO KONK. TRENING Ida	TEKNIKK Martine
17:30-18:00 (30 min)	STRECHING Ida	STRECHING Martine

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SØNDAG		
TID	SAL 1	SAL 2
10:30-12:00 (90 min)	BOOTCAMP Guro	DISCO TEKNIKK Julie
12:00-13:30 (90min)	BOOTCAMP Guro	DISCO TEKNIKK Julie
13:30-14:15	LUNSJPAUSE	
14:15-15:45 (90 min)	DISCO KONK.TRENING Guro	DISCO KOREO Julie
15:45-16:00	FRUKTPAUSE	
16:00-17:30 (90 min)	DISCO KONK.TRENING Guro	DISCO KOREO Julie
17:30-18:00 (30 min)	STRECHING Guro	STRECHING Julie

