

# MASTER MANIA 2025.

Dance Pilates Step Spinn Yoga Styrke/  
kondisjon



**TAGG DINE BILDER  
OG VIDEOER!**  
#mastermania  
#3ttrening

**SAL 1**



**SAL 2**



**YOGASAL**



**SPINNSAL**



**KLASSEROM**



**TRENINGSSAL**



## FREDAG 31. OKTOBER

|               |                                         |                                               |                                |
|---------------|-----------------------------------------|-----------------------------------------------|--------------------------------|
| 17:00 - 18:00 | Boogie Beats<br>Per Markussen           | Flow & Glow<br>Silje Thorstensen              | Play the GAME!<br>Jim Berg     |
| 18:15 - 19:15 | Dance Medicine Flow<br>Mathilda Fleberg | Vinyasa Yoga<br>Bjørn Tore Jakobsen<br>75 min | Cadence Ride<br>Olle Rehnqvist |

## LØRDAG 01. NOVEMBER

|               |                                      |                                         |                                       |                                       |                                                   |                                      |
|---------------|--------------------------------------|-----------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------------------|--------------------------------------|
| 09:00 - 10:00 | BodyFlow<br>Anema Refsnes            | Diva Mode<br>Mathilda Fleberg           | Pilates Hiit<br>Thale Tremoen         | Play the GAME!<br>Jim Berg            | Fun Flow Yoga<br>Silje Thorstensen                |                                      |
| 10:15 - 11:15 | Dance Delight<br>Julie Maaø          | House<br>Per Markussen                  | Pilates med ball<br>Kristine Jensvold | Funky Fresh<br>Bruno Sardella         | Vinyasa Yoga<br>Bjørn Tore Jakobsen               | Hiit-Boost<br>Frida S Johnsen        |
| 11:30 - 12:30 | Feel Good Dance<br>Joakim Elvemo     | Movement Meditation<br>Mathilda Fleberg | Hot Mobility Flow<br>Aina Asbjørnsen  | Choreo Cycling<br>Olle Rehnqvist      | Yinyoga & Journaling<br>Therese Furudal           | Hiit - Puls & Push<br>Annema Refsnes |
| 12:30 - 13:15 | Lunch                                |                                         |                                       |                                       |                                                   |                                      |
| 13:15 - 14:15 | Step it UP!<br>Lene Kristine Sjøflot | Lady Gaga Dance<br>Olle Rehnqvist       | Flip the View<br>Marianne Ranum       | Ride the Road<br>Jim Berg             | Prana Flow Yoga<br>Silje Thorstensen              | Functional Hiit<br>Mari Rotmo        |
| 14:30 - 15:30 | Step Fusion<br>Per Markussen         | Yoga - Elements<br>Therese Furudal      | Strong to Fly<br>Sébastien Muller     | Rocky Mountain High<br>Bruno Sardella | Hand Balance WS<br>Bjørn Tore Jakobsen<br>2 timer | Hiit Kombo<br>Peter Kavka            |

## SØNDAG 02. NOVEMBER

|               |                                  |                                           |                                       |                                      |                                              |                                |
|---------------|----------------------------------|-------------------------------------------|---------------------------------------|--------------------------------------|----------------------------------------------|--------------------------------|
| 09:00 - 10:00 | Flow & Glow<br>Silje Thorstensen | Disco Fever<br>Mathilda Fleberg           | Hot Yin<br>Bjørn Tore Jakobsen        | Ride the Road<br>Jim Berg            | Less is more<br>Therese Furudal              |                                |
| 10:15 - 11:15 | Step with Style<br>Julie Maaø    | Cardio Fusion<br>Olle Rehnqvist           | Pilates med ball<br>Kristine Jensvold | Watts in the House<br>Bruno Sardella | Happy Hips Flow<br>Silje Thorstensen         | Hiit the Game<br>Adam Kavka    |
| 11:30 - 12:30 | BodyFlow<br>Anema Refsnes        | Hype Old School HipHop<br>Per Markussen   | Her true nature<br>Therese Furudal    | Visuals - Feel the Beat<br>Jim Berg  | Hatha - Pustens kraft<br>Bjørn Tore Jakobsen | Functional Hiit<br>Mari Rotmo  |
| 12:30 - 13:15 | Lunch                            |                                           |                                       |                                      |                                              |                                |
| 13:15 - 14:15 | P-Step<br>Per Markussen          | 90s Groove<br>Mathilda Fleberg            | Pilates Hiit<br>Thale Tremoen         | Brazilian Touch<br>Bruno Sardella    |                                              | Strong Combo<br>Annema Refsnes |
| 14:30 - 15:30 | Pilates 2025<br>Olle Rehnqvist   | The Quiet Revolution<br>Silje Thorstensen |                                       |                                      |                                              |                                |



Skann koden og se timebeskrivelser  
og informasjon om presentørene.

**TRIM  
TRENING  
TRIVSEL**