

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 Per Markussen	Flow & Glow Silje Thorstensen		Play the GAME! Jim Berg
18:15 - 19:15	Dance Medicine Flow Mathilda Fleberg	Vinyasa Yoga Bjørn Tore Jakobsen (18:15 - 19:30)		Cadence Ride Olle Rehnqvist
19:40 - 20:55		ZumbaParty! Julie Maaø		

LØRDAG 01. NOVEMBER

09:00 - 10:00	BodyFlow Anema Refsnes	Diva Mode Matilda Fleberg	Pilates Hiit Thale Tremoen	Play the GAME! Jim Berg	Fun Flow Yoga Silje Thorstensen	
10:15 - 11:15	Feel Good Dance Joakim Elvemo	House Per Markussen	Pilates med ball Kristine Jensvold	Funky Fresh Bruno Sardella	Vinyasa Yoga Bjørn Tore Jakobsen	Hiit-Boost Frida S Johnsen
11:30 - 12:30	Dance Delight Julie Maaø	Movement Meditation Matilda Fleberg	Hot Mobility Flow Aina Asbjørnsen	Choreo Cycling Olle Rehnqvist	Yinyoga & Journaling Therese Furudal	Hiit - Puls & Push Annema Refsnes
12:30 - 13:15	Lunch					
13:15 - 14:15	Step it UP! Lene Kristine Sjøflot	Lady Gaga Dance Olle Rehnqvist	Flip the View Marianne Ranum	Ride the Road Jim Berg	Prana Flow Yoga Silje Thorstensen	Functional Hiit Mari Rotmo
14:30 - 15:30	Step Fusion Per Markussen	Yoga - Elements Therese Furudal	Strong to Fly Sébastien Muller	Rocky Mountain High Bruno Sardella	Håndstående WS Bjørn Tore Jakobsen (14:30 - 16:30)	Grit & Flow Peter Kavka

SØNDAG 02. NOVEMBER

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



Skann koden og se timebeskrivelser
og informasjon om presentørene.

**TRIM
TRENING
TRIVSEL**