

MASTERMANIA 2024



- Dance
- Pilates
- Step
- Spinn
- Yoga
- Styrke/kondisjon

SAL 1
↓

SAL 2
↓

Oppvarmet til
30-35 °C
YOGASAL
↓

SPINNSAL
↓

KLASSEROM
↓

TRENINGSSAL
↓

FREDAG 01. NOVEMBER

14:00 - 15:00		Caribbean Vibes Gus Bemery
15:30 - 16:30		New School HipHop Gus Bemery
17:00 - 18:00	Zumba Ana Georgescu	Hip Release Flow Francesca Golfetto
18:15 - 19:30	Dance Aerobic Per Markussen	Yin & Nidra Silje Thorstensen

Cycling Hiit
Jens og Olle

Les alt om
MasterMania her



LØRDAG 02. NOVEMBER

09:00 - 10:00	Hiit Magnus Ringberg	Soul Train Gus Bemery	Yoga Love Flow Kristine Jensvold		Wake up Prana Flow Silje Thorstensen	
10:15 - 11:15	CardioStep Lene Kristine Sjøflot	House Per Markussen	Yin Let Go Marianne Ranum	Cycling Jens Ryland	Free Your Backbends Francesca Golfetto	Hiit - MonsterMash Lars M Guttormsen
11:30 - 12:30	Island Vibes Gus Bemery	Zumba (EDM2) Ana Georgescu	Sweet & Soft Yin Kari Brantenberg	Punch Line Jim Berg	Pilates Flow Kristine Jensvold	Hiit Inferno Peter Kavka
12:30 - 13:15	Lunch					
13:15 - 14:15	Pilates Magnus Ringberg	DanceStep Per Markussen	Who let the dogs out Håvard Duesten	Cycling Rythm Ride 1 Olle Rehnqvist	Tention Release Francesca Golfetto	Hiit Attack Jens Ryland
14:30 - 15:30	SalsaFever Linn Opdøl	Old School HipHop Gus Bemery		Uneven Steven Jim Berg	Space M Vinyasa Magnus Ringberg	Hiit Power Hour Adam Kavka
15:45 - 16:45		Fluid Flexibility Flow Francesca Golfetto			Yin Bliss & Pranayama Silje Thorstensen	

SØNDAG 03. NOVEMBER

09:00 - 10:00	Elastic Magnus Ringberg	P-Step Per Markussen		Fibonacci Fun Jim Berg	Move with Joy Silje Thorstensen	
10:15 - 11:15	Dance Energy Joachim Elvemo	Urban Vibes Gus Bemery	Yin Nidra Even Aakran	Cycling Hiit Jens Ryland	Get your Splits Francesca Golfetto	Hiit Power Hour Adam Kavka
11:30 - 12:30	Release Restore Renew Ana Georgescu	Pilates Magnus Ringberg	Flyt for Frihet Liv Agnes Gravrok	Cycling Ruthm Ride 2 Olle Rehnqvist	Rainbow Flow Marianne Ranum	Hiit Inferno Peter Kavka
12:30 - 13:15	Lunch					
13:15 - 14:15	Zumba Ana Georgescu	SuperHero Gus Bemery	Hips dont lie Sebastien Muller	It 's just a climb Jim Berg	Workshop: Inversions Francesca Golfetto	Hiit Attack Jens Ryland
14:30 - 15:30		Yin Yoga & Gratitude Silje Thorstensen				Mobility for Atleter Magnus Ringberg

MANDAG 04. NOVEMBER

3T-SOLSIDEN - SAL 1	18:45 - 19:45	Hip Hop LA Gus Bemery
3T-SOLSIDEN - SAL 1	20:00 - 21:00	Soul Tribe Gus Bemery

