

ATHLETICA CONVENTION 26.08.23

Lørdag 26. aug	FLERBRUKSHALL	SAL 1D	SAL 1E	SAL 2A	SAL 2C	SAL 2D	SAL UA	SVØMMEHALL
10:30-11:15		LEG DAY Sonya M	STEP BASIC Lise Mari S	HIT & STRENGTH Thea B J & Hoa V	CYCLING INTERVAL Svein Olav S	SOMA MOVE Julie G	MUAY THAI Aysha A	
11:30-12:15		ULTIMATE RYTHYM Karine L	PILATES Daniel P	HIT & STRENGTH Sigurd R & Nathalie L	CYCLING 4X4 Vero O	KETTLEBELL Karoline K	JIUJIUTSU Sander B	
12:30 -13:00	GRATIS LUNSJ							
13:15-14:00		FUNCTIONAL STRENGTH Vero O	Zumba Jana P		INTERVAL RUNNING Malin S	YOGA FLOW Mathilde F	BOXING Pål S	
14:15-15:00		Step Cardio & Strength Kristine H	TOTAL CORE Sofie C		CYCLING INTERVAL Anne Cecilie A		Intro MMA Petter K	AQUA FITNESS Pascaline