

QUARTERLY WORKSHOP - DENMARK



City	Date	Time	Program	Location	Trainer	
WEBINARS	14-mar	20:00-20:45	BODYPUMP®	Webinar	Kenneth Mose	
	12-mar	19:30-20:15	BODYFLOW®	Webinar	Tor Andersen	
COPENHAGEN	09-mar	06:30-08:15	BODYFLOW®	Fitness DK Valby	Tor Andersen	
	09-mar	18:20-20:05	BODYPUMP®	Fitness DK Nygårdsvej	Mikkel Hjort	
	10-mar	12:30-14:15	BODYCOMBAT®	Fitness DK Nygårdsvej	Andy Valencia	
	10-mar	14:30-15:45	CXWORX®	Fitness DK Nygårdsvej	Andy Valencia	
	10-mar	16:00-17:45	BODYPUMP®	Fitness DK Nygårdsvej	Mikkel Hjort	
	10-mar	13:00-14:45	BODYSTEP®	Fitness DK Amanger Strand	Tor Andersen	
	10-mar	15:00-17:30	LES MILLS TONE	Fitness DK Amanger Strand	Tor Andersen	
	10-mar	12:00-13:34	SH'BAM®	Fitness DK Parken	Naja Klærke Mikkelsen	
	10-mar	14:00-15:45	BODYJAM®	Fitness DK Parken	Naja Klærke Mikkelsen	
	11-mar	12:30-14:15	BODYPUMP®	Fitness DK Nygårdsvej	Mikkel Hjort	
	11-mar	14:15-16:00	BODYATTACK®	Fitness DK Nygårdsvej	Ditte Sommer Weinreich	
	11-mar	10:30-12:15	RPM®	Fitness DK Parken	Ditte Sommer Weinreich	
	11-mar	12:30-14:15	BODYFLOW®	Fitness DK Parken	Tor Andersen	
	11-mar	14:30-15:45	GRIT®	Fitness DK Parken	Paya Johansen	
11-mar	16:00-17:15	LES MILLS SPRINT™	Fitness DK Parken	Paya Johansen		
BE LOUD, AARHUS	Master Class				Ed.session	
	03-mar	08:00-09:00	BODYPUMP®	Hermans Tivoli Friheden	Mikkel Hjort	09:00-09:35
	03-mar	09:00-10:00	BODYPUMP®	Hermans Tivoli Friheden	Kristin Andersson	08:15-09:00
	03-mar	10:10-11:10	BODYSTEP®	Hermans Tivoli Friheden	Tor Andersen	09:35-10:10
	03-mar	11:15-11:45	GRIT®	Hermans Tivoli Friheden	Paya Johansen	10:15-11:00
	03-mar	11:50-12:20	CXWORX®	Hermans Tivoli Friheden	Andy Valencia	11:00-11:45
	03-mar	12:25-13:25	BODYFLOW®	Hermans Tivoli Friheden	Paya Johansen	11:45-12:25
	03-mar	13:30-14:30	BODYCOMBAT®	Hermans Tivoli Friheden	Mikkel Hjort	12:45-13:30
	03-mar	14:30-15:15	LES MILLS TONE	Hermans Tivoli Friheden	Tor Andersen & Kristin Andersson	13:45-14:30
	03-mar	15:15-16:00	SH'BAM®	Hermans Tivoli Friheden	Naja Klærke Mikkelsen	14:30-15:15
	03-mar	16:00-17:00	BODYATTACK®	Hermans Tivoli Friheden	Lydia Johansson & Ditte Sommer Weinreich	15:15-16:00
	03-mar	17:00-18:00	BODYJAM®	Hermans Tivoli Friheden	Naja Klærke Mikkelsen	16:15-17:00
	03-mar	18:00-19:00	BODYCOMBAT®	Hermans Tivoli Friheden	Andy Valencia	17:15-18:00
	03-mar	19:00-19:30	LES MILLS BARRE	Hermans Tivoli Friheden	Naja Klærke Mikkelsen	19:30-20:00 (Q&A)
03-mar	19:30-20:30	BODYFLOW®	Hermans Tivoli Friheden	Tor Andersen	18:45-19:30	