

# SCHEMA

Tid	Klass
10:00-11:00	<b>BODYPUMP®</b>   Anna Key, Michael Steenhouwer, Josef Matthews, Jericho McDuffie.
11:00-11:30	<b>GRIT® Strength</b>   Anna Key
11:45-12:45	<b>BODYATTACK®</b>   Pernilla Andersson, Lydia Johansson.
13:00-14:00	<b>BODYCOMBAT®</b>   Michael Steenhouwer, Hanna Lundh, Josef Matthews, Jericho McDuffie.
14:00-15:00	<b>BODYJAM®</b>   Dorotka Baburin, Sandra Börjesson, Jericho McDuffie.
15:00-15:30	<b>GRIT® Cardio</b>   Michael Steenhouwer
15:45-16:15	<b>CXWORX®</b>   Anna Key, Hanna Lennartsson
16:15-17:00	<b>SH'BAM®</b>   Sandra Börjesson, Jericho McDuffie.
17:00-18:00	<b>BODYBALANCE®</b>   Josef Matthews