

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN SUMMER TIME - CEST

DENMARK

COPENHAGEN

Date	Time	Program	Location	Presenter
12-Sep	09:30-10:45	BODYPUMP®	SATS Nygårdsvej	Amalie Nøddeskou-Fink
12-Sep	11:00-12:15	BODYCOMBAT®	SATS Nygårdsvej	Amalie Nøddeskou-Fink & Claudia Kupferschmidt de la Mau
12-Sep	12:30-13:45	BODYJAM®	SATS Nygårdsvej	Claudia Kupferschmidt de la Mau & Hanna Lundh
12-Sep	14:00-15:15	BODYBALANCE®	SATS Nygårdsvej	Claudia Kupferschmidt de la Mau & Hanna Lundh

HORSENS

Date	Time	Program	Location	Presenter
05-Sep	09:30-10:30	BODYPUMP® 45-min	Fit&Sund Horsens Dagnæs	Ditte Sommer Weinreich & Amalie Nøddeskou-Fink
05-Sep	10:45-11:45	BODYPUMP® HEAVY 45-min	Fit&Sund Horsens Dagnæs	Ditte Sommer Weinreich & Amalie Nøddeskou-Fink
05-Sep	12:00-13:00	BODYCOMBAT® 45-min	Fit&Sund Horsens Dagnæs	Amalie Nøddeskou-Fink
05-Sep	13:15-14:15	BODYATTACK® 45-min	Fit&Sund Horsens Dagnæs	Ditte Sommer Weinreich
05-Sep	14:30-15:15	LES MILLS YOGA™ VINYASA	Fit&Sund Horsens Dagnæs	Amalie Nøddeskou-Fink

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