



HOLDPLAN

juni - juli 2020



MANDAG

ROOM 1

17.00

17.15

17.30

17.45

18.00

18.15

18.30

18.45

19.00

19.15

19.30

19.45

20.00

20.15

20.30

20.45

21.00

21.15

21.30

SALSA 2

Cuban Fusion

18.30 - 19.30

Dennis & Christina

SALSA 1

Cuban Fusion

19.45 - 20.45

Dennis & Christina

TIRSDAG

ROOM 1

FLEXIBILITY

Workout for dancers

17.15 - 18.15

Silvana

SALSA 4

Cuban Fusion

18.30 - 19.30

Dennis & Janne

SALSA LAB

Solo - all styles

19.45 - 20.45

Dennis & Janne

ONSDAG

ROOM 1

BACHATA 2

Bachata Fusion

18.00 - 19.00

VJ & Ieva

BACHATA 1

Bachata Fusion

19.15 - 20.15

VJ & Ieva

TORSDAG

ROOM 1

LADIES' STYLING

Salsa

17.30 - 18.30

Ieva

SALSA 3

Cuban Fusion

18.45 - 19.45

Dennis & Ieva

CHOREOGRAPHIC

Salsa solo class

20.00 - 21.00

Dennis

LØRDAG

ROOM 1

LATIN CARDIO

Dance fitness

10.00 - 11.00

Lela

SALSA

Body Movement

11.15 - 12.15

Dennis

SØNDAG

ROOM 1 - ROOM 2

11.00 - 22.00

- LOKALEUDLEJNING
- PRIVATTIMER
- BOOTCAMPS

Info & booking via mail

■ BEGYNDER

■ FORTSÆTTER

■ LETØVET

■ ØVET

■ OPEN LEVEL

■ FITNESS