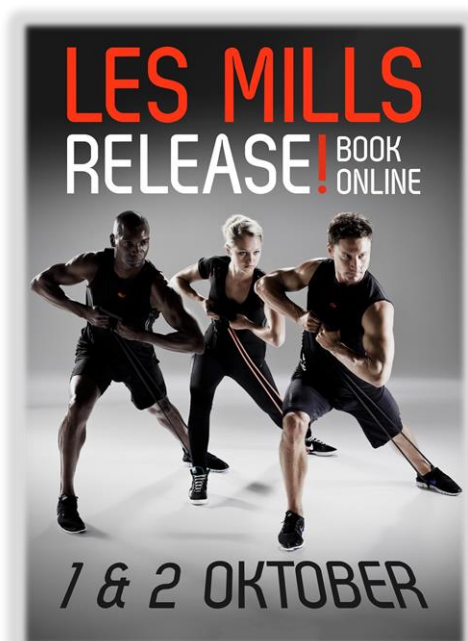


## Program for Release på de nye Les Mills programmer ...vi ska' ha' en fest!

### LØRDAG 1/10

- 09.00–10.00 BODYVIVE (Heidi)
- 09.00–09.35 SPRINT (Paya & Peter)
- 10.05–10.35 GRIT CARDIO (Paya & Shane)
- 10.45–11.45 BODYATTACK (Michala)
- 11.50–12.20 GRIT STRENGTH (Paya & Shane)
- 12.30–13.30 BODYFLOW (Christa & Henriette)



### SØNDAG 2/10

- 09.30–10.30 BODYPUMP (Michala, Henriette & Peter)
- 10.35–11.10 CXWORX (Michala, Julie & Paya)
- 11.15–12.15 BODYFLOW (Heidi & Paya) ("skygge" Christa & Henriette)