



05th - 12th JUNE 2026

Club La Santa Academy

Fitness Week 2026



Programme

Friday 5th June

- 17:00 Dance Party - Silent Fit (Naja)
- 18:00 Team Teach (All)

Saturday 6th June

- 09:00 Bike Power (Brian)
- 10:00 Step Beginners (Katrine)
- 11:00 Ballroom (Line)
- 16:00 HIIT (Martha)
- 17:00 Step Intermediate (Melanie)
- 18:00 Stretch & Relax (Melanie)
- 20:00 Bike "Late Night Party" (Line)

Sunday 7th June

- 09:00 Morning Meditation / Breathe Work (Mette)
- 10:00 Body Toning (Mette)
- 11:00 Dance'n Step (Anne)
- 15:00 Functional Core + Mobility (Martha)



16:00 Power & Strength (Martha)

17:00 Step Advanced (Melanie)

18:00 Bike Low Intensity (Brian)

20:00 "Salsa Night" (Naja + Line)

Monday 8th June

09:00 FTP-test (Brian + Line)

10:00 Functional Step (Anne)

11:00 Dance: Old School HipHop (Naja)

18:00 Bike low intensity (Brian)

Tuesday 9th June

09:00 Fascia/mobility (Mette)

14:00 Lecture: Watt-training (Brian)

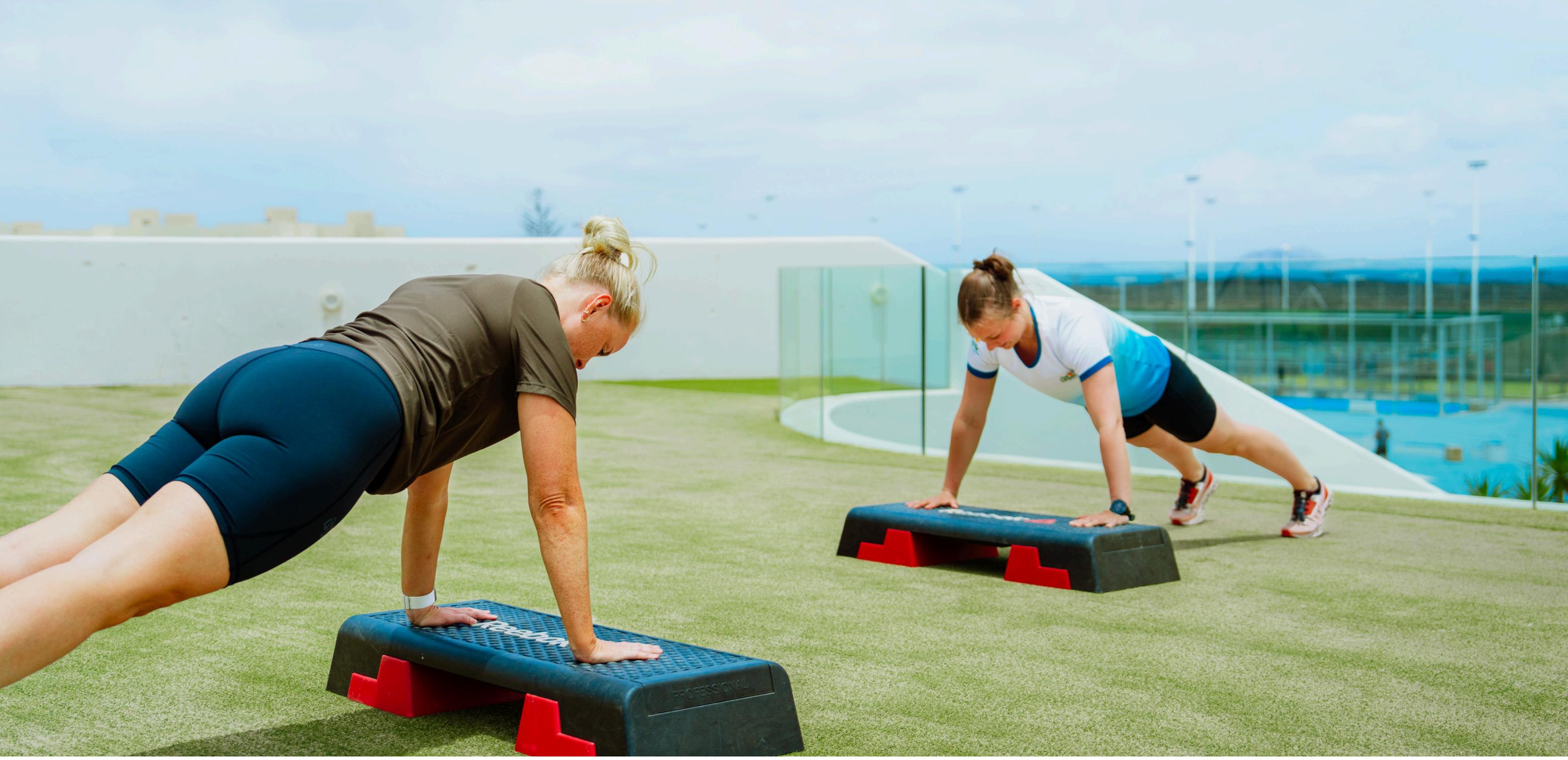
17:00 Dance Battle (Naja + Melanie)

18:00 Stretch & Relax (Line)

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Wednesday 10th June

- 09:00 Partner Band Workout (Anne + Mette)
- 10:00 Step: Spin-the-step (Melanie + Katrine)
- 18:00 Bike Low Intensity (Brian)
- 20:00 Social Night at the Disco (All)

Thursday 11th June

- 09:00 Bike'n Strength (Line + Katrine)
- 10:00 Power Workout (Martha)
- 11:00 Twin Step (Melanie + Katrine)
- 16:00 Dance: Hot Hips & Lips (Naja)
- 17:00 Team Teach (All)

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