



28 AUG - 4 SEP 2026

Club La Santa Academy Fitness Week 2026





Programme

Friday 28th Aug

17:00 Dance Party - Silent Fit (Naja)

18:00 Team Teach (All)

Saturday 29th Aug

09:00 Bike Power (Brian)

10:00 Step Beginners (Katrine)

11:00 Ballroom (Line)

17:00 Step Intermediate (Melanie)

18:00 Stretch & Relax (Melanie)

20:00 Bike "Late Night Party" (Line)

Sunday 30th Aug

09:00 Morning Meditation / Breathe Work (Mette)

10:00 Body Toning (Mette)

11:00 Dance'n Step (Anne)

15:00 Functional Core + Mobility (Anne)

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16:00 Power & Strength (Nikoline + Martha)

17:00 Step Advanced (Nikoline)

18:00 Bike Low Intensity (Brian)

20:00 “Salsa Night” (Melanie)

Monday 31st Aug

09:00 FTP-test (Brian + Line)

10:00 Dance: Old School HipHop (Naja)

17:00 Dance (Naja)

18:00 Bike low intensity (Brian)

Tuesday 1st Sep

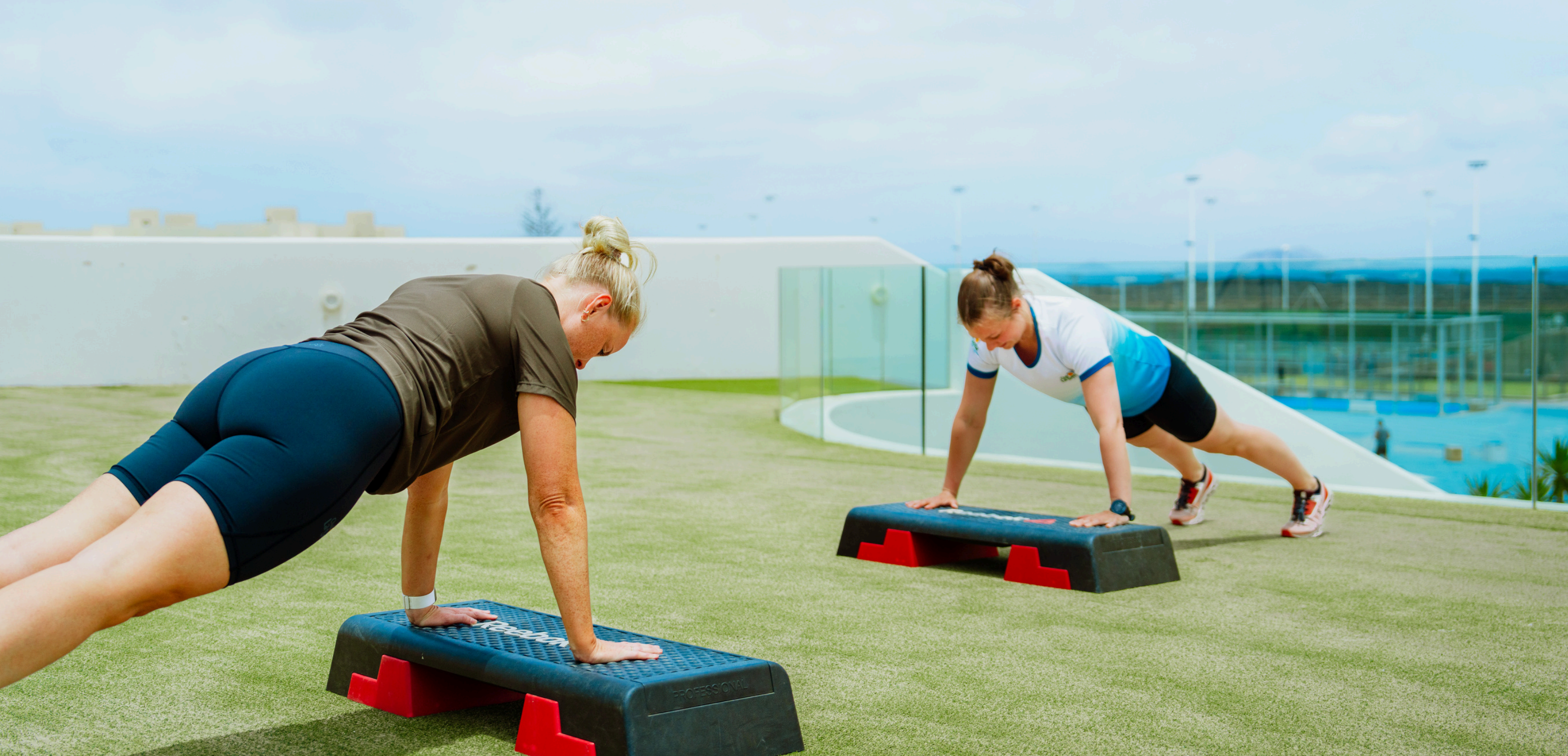
09:00 Fascia/mobility (Mette)

10:00 Functional Step (Anne)

14:00 Lecture: Watt-training (Brian)

17:00 Dance Battle (Naja + Melanie)

18:00 Stretch & Relax (Line)



Wednesday 2nd Sep

09:00 Partner Band Workout (Anne + Mette)

10:00 Step: Spin-the-step (Melanie + Katrine + Nikoline)

18:00 Bike Low Intensity (Brian)

20:00 Social Night at the Disco (All)

Thursday 3rd Sep

09:00 Bike'n Strength (Line + Katrine)

10:00 Power Workout (Nikoline)

11:00 Twin Step (Nikoline + Katrine)

16:00 Dance: Hot Hips & Lips (Naja)

17:00 Team Teach (All)

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