



05th - 12th JUNE 2026

Club La Santa Academy Fitness Week 2026



Programme

Saturday 6th June

09:00 Bike Power (Brian)

09:00 Team Teach

10:00 Step Beginners (Katrine)

11:00 Aerobics / LIIT (Line)

12:00 Stretch & Relax (Silent Fit)

16:15 HIIT (Katrine)

18:00 Step Intermediate (Melanie)

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

Sunday 7th June

08:00 Breath work/Breathe better (Line)

10:00 Body Toning (Anne)

11:00 Step Intermediate (Katrine)

16:00 Functional Core + Mobility (Anne)

18:00 Bike Low Intensity (Brian)

20:00 "Latin Night" (Melanie + Naja)

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Monday 8th June

10:00 Functional Step (Anne)

11:00 Dance: Old School HipHop (Naja)

16:00 Step Advanced (Melanie)

18:00 Bike Power (Katrine)

Tuesday 9th June

09:00 LIIT (Mette)

09:00 FTP-test (Brian + Line)

10:00 Bike Morning Party (Brian + Line)

11:00 Dance Workout – 80's style (Naja)

12:00 Stretch & Relax (Silent Fit) (Line)

14:00 Lecture: Watt-training (Brian)

18:00 Dance (Naja + Melanie)

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Wednesday 10th June

08:00 Breath work/Breathe better (Line)

09:00 Stick Workout (Mette)

10:00 Partner Band Workout (Anne + Mette)

11:00 Step: Spin-the-step (Mel + Katrine + Line)

15:15 Functional Core (Katrine)

16:00 Legs & Glutes (Katrine)

17:00 Bike Low Intensity (Brian)

21:30 Social Night at the Disco (All)

Thursday 11th June

09:00 Bike´n Strength (Line + Melanie)

10:00 Power & Strength (Katrine)

11:00 Step Wprkout (Naja)

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

17:00 Team Teach (All)

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