



HØST 2013

TRENING FOR SCENEKUNSTNERE KL.9:00-10:00

UKE	MANDAG	TIRSDAG	ONSDAG	TORSDAG
35 26.-29. AUG.	SUZUKI Henriette Blakstad	ASHTANGA YOGA Elisabet Hagli Aars	SUZUKI Henriette Blakstad	PILATES Nina Braathen
36 02.-05. SEP.	SUZUKI Henriette Blakstad	ASHTANGA YOGA Elisabet Hagli Aars	SUZUKI Henriette Blakstad	PILATES Nina Braathen
37 09.-12. SEP	SUZUKI Henriette Blakstad	ASHTANGA YOGA Elisabet Hagli Aars	SUZUKI Henriette Blakstad	PILATES Nina Braathen
38 16.-19. SEP.	NB: 9-10:30 GROTOWSKI Hanne Dieserud	ASHTANGA YOGA Elisabet Hagli Aars	NB: 9-10:30 GROTOWSKI Hanne Dieserud	PILATES Nina Braathen
39 23.-26. SEP.	NB: 9-10:30 GROTOWSKI Hanne Dieserud	ASHTANGA YOGA Elisabet Hagli Aars	NB: 9-10:30 GROTOWSKI Hanne Dieserud	PILATES Nina Braathen
40 30.-03. OKT.	HØSTFERIE			
41 07.-10. OKT.	MOVEMENTS Nina Braathen	LECOQ Michael Sharman	LECOQ Michael Sharman	PILATES Nina Braathen
42 14.-17. OKT.	MOVEMENTS Nina Braathen	LECOQ Michael Sharman	LECOQ Michael Sharman	PILATES Nina Braathen
43 21.-24. OKT.	MOVEMENTS Nina Braathen	LECOQ Michael Sharman	LECOQ Michael Sharman	PILATES Nina Braathen
44 28.-31. OKT	NB: 9-10:30 GROTOWSKI Hanne Dieserud	LECOQ Michael Sharman	LECOQ Michael Sharman	NB: 9-10:30 GROTOWSKI Hanne Dieserud
45 04.-07. NOV.	NB: 9-10:30 GROTOWSKI Hanne Dieserud	LECOQ Michael Sharman	LECOQ Michael Sharman	NB: 9-10:30 GROTOWSKI Hanne Dieserud
46 11.-14. NOV.	MOVEMENTS Nina Braathen	VIEWPOINTS Henriette Blakstad	SUZUKI Henriette Blakstad	PILATES Henriette Blakstad
47 18.-21. NOV.	MOVEMENTS Nina Braathen	VIEWPOINTS Henriette Blakstad	SUZUKI Henriette Blakstad	SUZUKI Henriette Blakstad
48 25.-28. NOV.	MOVEMENTS Nina Braathen	VIEWPOINTS Henriette Blakstad	SUZUKI Henriette Blakstad	SUZUKI Henriette Blakstad
49 02.-05. DES.	MOVEMENTS Nina Braathen	VIEWPOINTS Henriette Blakstad	SUZUKI Henriette Blakstad	VIEWPOINTS Henriette Blakstad
50 09.-12. DES.	MOVEMENTS Nina Braathen	VIEWPOINTS Henriette Blakstad	SUZUKI Henriette Blakstad	VIEWPOINTS Henriette Blakstad

Adr : Kampengata 18,0654 Oslo

studio18oslo@gmail.com

926 96 077/476 30 376