



DANSVERKSTAN SCHEMA HT-20

Måndag Västerås

| Kod | Kurs | tid | ålder | nivå | sal 1 | Kod | Kurs | tid | ålder | nivå | sal 2 | Kod | Kurs | tid | ålder | nivå | sal 3 | Gym &Träning Sal 4 |
|-----|---------------|-------------|-------|---------|-------|-----|-----------------|-------------|-------|---------|-------|-----|--------------------|-------------|-------|------|-------|--------------------|
| 21 | Disco | 16.45-17.30 | 7-9 | F/M | AN | 20 | Disco | 16.45-17.30 | 7-9 | N | LH | 13 | Hiphop | 16.30-17.15 | 10-12 | A | ML | |
| 23 | Disco | 17.30-18.15 | 10-12 | F | AN | 3 | Discokids | 17.30-18.00 | 5-6 | N | LH | 14 | Hiphop | 17.15-18.15 | 13-15 | N/F | ML | |
| 72 | DanceWork | 18.15-19.00 | U/V | träning | E&F | 27 | Disco | 18.00-19.00 | U/V | A | LH | 46 | TG Hiphop Battle | 18.15-19.15 | Alla | Alla | ML | |
| 37 | TG Disco S+ D | 19.00-20.00 | Alla | 128 | AN | 90 | Discorundor/fys | 19.00-19.45 | Alla | 136-140 | LH | 51 | TG HiphopFreestyle | 19.15-20.15 | Alla | Alla | ML | |
| 25 | Disco | 20.00-21.00 | 13-15 | N/F | AN | | PDT | 19.45-20.15 | | | LH | 5 | Hiphop/House | 20.15-21.15 | U/V | N/F | ML | |

Måndag Tillberga

| Kod | Kurs | tid | ålder | nivå | sal T | | | | | | | | | | | | | |
|-----|-----------|-------------|-------|---------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 73 | DanceWork | 19.45-20.30 | Alla | träning | JR | | | | | | | | | | | | | |

Tisdag Västerås

| Kod | Kurs | tid | ålder | nivå | sal 1 | Kod | Kurs | tid | ålder | nivå | sal 2 | Kod | Kurs | tid | ålder | nivå | sal 3 | Gym &Träning Sal 4 |
|-----|-----------------|-------------|-------|-------------|-------|-----|-------------|-------------|-------|----------------|-------|-----|--------------|-------------|-------|---------|-------|--------------------|
| | Friträning | 16.15-16.45 | | Konstnärlig | DTLH | | Fri träning | 16.00-16.30 | | Konstn. modern | DTLH | 2 | Du & Jag | 16.45-17.15 | 3-4 | F | PS | |
| 8 | Streetkids | 16.45-17.15 | 5-6 | N | LH | 28 | TikTok | 16.30-17.15 | 8-12 | N | AN | 5 | Baletjazz | 17.15-17.45 | 5-6 | N | PS | |
| 63 | Hiphop Fortnite | 17.15-18.00 | 7-9 | N/F | LH | 29 | TikTok | 17.15-18.00 | 8-12 | F | AN | 6 | Baletjazz | 17.45-18.15 | 5-6 | F | PS | |
| 24 | Disco | 18.00-18.45 | 10-12 | A | LH | 26 | Disco | 18.00-19.00 | 13-15 | A | AN | 74 | T-Work | 18.15-19.00 | U/V | träning | TBP | |
| 36 | TG Disco | 19.00-20.00 | Alla | 136-140 | JS | 58 | Bugg | 19.00-20.00 | U/V | N/F | RP | 35 | TG Disco S | 19.00-20.00 | Alla | Silver | LH | |
| 53 | TG Slow | 20.00-21.00 | Alla | Silver< | JS | 57 | Salsa | 20.00-21.00 | U/V | N/F | RP | 70 | Contemporary | 20.00-21.00 | 13-15 | N/F | LH | |

Onsdag Västerås

| Kod | Kurs | tid | ålder | nivå | sal 1 | Kod | Kurs | tid | ålder | nivå | sal 2 | Kod | Kurs | tid | ålder | nivå | sal 3 | Gym &Träning Sal 4 | |
|-----|-------------------|-------------|-------|-------------|-------|-----|------------------|-------------|-------|-------|-------|------|-------------|-------------|-------------|---------|--------|--------------------|------|
| 9 | Streetkids | 17.00-17.30 | 5-6 | F | LH | | Fri träning | 16.30-17.15 | | Disco | Alla | DTLH | | Fri träning | 16.30-17.15 | | Hiphop | Alla | DTLH |
| 22 | Disco | 17.30-18.15 | 10-12 | N | LH | 66 | Jazz Explosion | 17.15-18.15 | 13-15 | F/A | EK | 10 | Hiphop | 17.15-18.00 | 7-9 | N/F | NT | | |
| 80 | Slow/Lyrical Jazz | 18.15-19.00 | 8-12 | N/F | LH | 52 | Slow/Lyricaljazz | 18.15-19.15 | 13< | M | EK | 12 | Hiphop | 18.00-18.45 | 10-12 | N/F | NT | | |
| 75 | LatinWork | 19.00-19.45 | U/V | träning | LH | 68 | Jazz Explosion | 19.15-20.15 | U/V | F/A | EK | 49 | TG Hiphop S | 19.00-20.00 | Alla | Br-Silv | NT | | |
| 81 | TG Disco G | 19.45-20.45 | | Light it up | LH | 55 | High Heels | 20.15-21.15 | U/V | N/F | EK | 16 | Hiphop | 20.00-21.00 | U/V | M/A | NT | | |

Torsdag Västerås

| Kod | Kurs | tid | ålder | nivå | sal 1 | Kod | Kurs | tid | ålder | nivå | sal 2 | Kod | Kurs | tid | ålder | nivå | sal 3 | Gym &Träning Sal 4 |
|-----|------------------|-------------|-------|-----------|-------|-----|--------------|-------------|-------|------|-------|-----|--------------------|-------------|-------|------|-------|--------------------|
| | | | | | | | | | | | | | Fri träning Slow | 16.30-17.15 | | Alla | DTLH | |
| 41 | TG Disco G | 16.30-17.15 | | Neonlight | AN | 1 | Du & Jag | 16.30-17.00 | 3-4 | N | PS | 4 | Discokids | 17.00-17.30 | 5-6 | F/M | PS | |
| 60 | FeminineVibe | 17.15-18.15 | U/V | N | AN | 61 | FeminineVibe | 17.15-18.15 | U/V | F | SB | 7 | Baletjazz | 17.30-18.15 | 7-9 | N/F | PS | |
| 30 | TG Eng.freestyle | 18.30-19.15 | Alla | N/F | JS | 62 | FeminineVibe | 18.15-19.15 | U/V | A | SB | 48 | TG Electric boogie | 18.15-19.15 | Alla | TG | NM | |
| 38 | TG Disco D | 19.15-20.15 | Alla | Guld< | JS | 59 | Ragga/RnB | 19.15-20.15 | U/V | N | SB | 56 | Mixed Styles | 19.15-20.15 | U/V | N/F | PS | 19.15-20.00 LH |
| 31 | Disco Elitwork | 20.15-21.15 | Alla | TG | LH | 59 | Ragga/RnB | 20.15-21.15 | U/V | F | SB | | | | | | | 76 Barre/CoreWork |

Fredag Västerås

| Kod | Kurs | tid | ålder | nivå | sal T | | | | | | | | | | | | | |
|-----|----------------|-------------|-------|---------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 77 | LatinWork LÄTT | 11.45-12.30 | Alla | träning | LH | | | | | | | | | | | | | |

Söndag Västerås

| Kod | Kurs | tid | ålder | nivå | sal 1 | Kod | Kurs | tid | ålder | nivå | sal 2 | Kod | Kurs | tid | ålder | nivå | sal 3 | Gym &Träning Sal 4 |
|-----|-----------------|-------------|-------|--------|-------|-----|-------------|-------------|-------|-------------|-------|-----|------------------|-------------|-------|------|-------|--------------------|
| | | | | | | 44 | TG Hiphop G | 11.15-12.00 | | FunkyFellaz | SB | 63 | Dansteknik | 10.45-11.45 | 13< | F | OT | |
| 91 | Discorundor/fys | 12.15-13.00 | Alla | 128 | AN | 47 | TG Hiphop D | 12.00-13.00 | Alla | Alla | SB | 65 | Contemporary | 11.45-12.45 | 13-15 | F/A | OT | |
| 33 | TG Disco | 13.00-14.00 | 8-15 | Brons | AN | 43 | TG Hiphop G | 13.00-13.45 | | FrekvenZ | SB | 69 | TG Konstärligt S | 12.45-13.45 | Alla | TG | OT | |
| | | | | | | 50 | TG Hiphop S | 14.00-15.00 | Alla | Guld-Champ | SB | 71 | Contemporary | 13.45-14.45 | U/V | F/A | OT | |
| 45 | TG Hiphop G | 15.00-15.45 | | FreshZ | LH | 42 | TG Disco G | 15.00-15.45 | | SunLight | AN | | | | | | | |

Lärare;

LH Linda Hemrell SB Sofia Bergsten ML Marcus Larsson EK Elin Kinell JS James Simonson OT Oscar Törnell PS Paulina Stenbäck

RP Robin Persson NT Nils Therén NM Nicklas Magnusson AN Alida Nore

Nivå; & Tävlingsstråning;

N nyb F forts M medel A Avanc TG tävling. B battle S solo D duo G grupp Tempo bpm 128 brons/silver 136 guld/star 140 superstar/champ

Xtra Coachad tävlingsstråning Disco Elitwork solo /duo & Hiphop Freestyle solo /duo.

Tråning; Dancework, LatinWork, T-Work, BarreWork

Trånings instruktörer: LH Linda Hemrell FW Frida Wilén EF Emma Fohlin JR Jeanette Rudberg TPB Tina Bohman Peters