

MORNING WORKOUT - DROP IN - JULY 2024

OA = Oslofjord Arena

Note! On the days when there is yoga on the roof of building 22, there is only space for 24 people. First come, first served. In case of rain, the class will be canceled.

Saturday 13. July

GymFun


Movement is fun! In this class, you'll get your blood flowing, your heart rate up, sweat on your head, support your co-ordination and strengthen your muscles (including your laughter muscles).


 08:30-09:15

 OA court B

Calm yoga

Through a focus on breathing, soft movements and relaxation, we focus on releasing tension and bringing peace. A relaxed class with gentle, exploratory and stress-reducing exercises suitable for everyone.


 09:00-10:00


 Rooftop buliding 22

Sunday 14. July

Yoga


Dynamic stretching, flow, strength and posture exercises focusing on breathing and balance in body and mind. Finishing off with deep relaxation.


 08:30-09:15

 OA court B

Aerobic / Strength

Physical training with exercises at a relatively fast pace, done to the beat of music, combined with simple strength training.

 09:15-10:00

 OA court B

Monday 15. July

GymFun


Movement is fun! In this class, you'll get your blood flowing, your heart rate up, sweat on your head, support your co-ordination and strengthen your muscles (including your laughter muscles).


 08:30-09:15

 OA court B

Calm yoga


Through a focus on breathing, soft movements and relaxation, we focus on releasing tension and bringing peace. A relaxed class with gentle, exploratory and stress-reducing exercises suitable for everyone.


 09:00-10:00

 Rooftop buliding 22

Zumba


Dance-based cardio workout based on Latin American rhythms. Test your coordination skills and move to great music.


 09:15-10:15

 OA court B

Line dance

Join us for a fun dance class where you dance fun steps in a row. It's simple, so everyone can join in.


 14:00-15:00


 OA court B

Tuesday 16. July

Yoga


Dynamic stretching, flow, strength and posture exercises focusing on breathing and balance in body and mind. Finishing off with deep relaxation.

 08:30-09:15

 OA court B


Running


Medium level.
Speed: 5:30/km - length: 6 km.
Meeting point: The main entrance to Oslofjord Hotel

 09:00-10:00

Tabata / Pulse

Extra high intensity interval training (an intensive HIIT). You can train the whole body, increase strength and improve conditioning.


 09:15-10:00


 OA court B

Wednesday 17. July

Circle / Strength


Get your heart rate up with music, and work on strength for all muscle groups. We move in a circle and on a mat. Some balance, coordination and stretching.


 08:30-09:15

 OA court B

Calm yoga


Through a focus on breathing, soft movements and relaxation, we focus on releasing tension and bringing peace. A relaxed class with gentle, exploratory and stress-reducing exercises suitable for everyone.


 09:00-10:00

 Rooftop buliding 22

Zumba

Dance-based cardio workout based on Latin American rhythms. Test your coordination skills and move to great music.


 09:15-10:00


 OA court B

Friday 19. July

Circle mobility


A session with functional mobility. The class includes exercises that focus on breathing, muscle flexibility and mobility. Be prepared for a medium-fast pace, where you'll get nice and warm.

 08:30-09:15

 OA court B


Running


Medium level.
Speed: 5:30/km - length: 6 km.
Meeting point: Main entrance to Oslofjord Hotel

 09:00-10:00

Aerobic / Strength

Physical training with exercises at a relatively fast pace, done to the beat of music, combined with simple strength training.


 09:15-10:00


 OA court B

Saturday 20. July

Circle / Strength


Get your heart rate up with music, and work on strength for all muscle groups. We move in a circle and on a mat. Some balance, coordination and stretching.


 08:30-09:15

 OA court B

Calm yoga

Through a focus on breathing, soft movements and relaxation, we focus on releasing tension and bringing peace. A relaxed class with gentle, exploratory and stress-reducing exercises suitable for everyone.

 09:00-10:00

 Rooftop buliding 22