

TID	AKTIVITET	RUNDE	DISCIPLIN
9:45	Dørene åbner		
10:00 – 10:45	Workshop – Basis Grundøvelser		
15 min. Pause			
11:00 – 11:45	Workshop – Muscle-Up (Advanceret)		
15 min. Pause (Opskrivning til Pull-up, Dips & Push-up konkurrence)			
12:00 – 12:15	Aktiviter / Shows (Anden sportsgren)		
12:15 – 12:35	Publikums konkurrencer (Pull-up & Dips)		
10 min. Pause (<i>Atlet Briefing – Freestyle Disciplin</i>)			
12:45 – 12:50	Frederik Brix	1	Freestyle MEN
12:50 – 12:55	David Quang Dinh Nguyen	1	Freestyle MEN
12:55 – 13:00	Edvin Petrovic	1	Freestyle MEN
13:05 – 13:10	Iggy Schoemmel	1	Freestyle MEN
13:10 – 13:15	Magnus Rasmussen	1	Freestyle MEN
13:15 – 13:20	Jireh Andersen	1	Freestyle MEN
13:20 – 13:25	Marie Hammerbek-Andersen	1	Freestyle WOMEN
5 min. Pause			
13:30 – 13:55	Publikums konkurrencer (Push-up)		
5 min. Pause (<i>Atlet Briefing – Power Disciplin</i>)			
14:00 – 14:15	Emma Holm	1	Power WOMEN
14:15 – 14:30	Amalie Mortensen	1	Power WOMEN
5 min. Pause			
14:30 – 14:35	Frederik Brix	2	Freestyle MEN
14:35 – 14:40	David Quang Dinh Nguyen	2	Freestyle MEN
14:40 – 14:45	Edvin Petrovic	2	Freestyle MEN
14:45 – 14:50	Iggy Schoemmel	2	Freestyle MEN
14:50 – 14:55	Magnus Rasmussen	2	Freestyle MEN
14:55 – 15:00	Jireh Andersen	2	Freestyle MEN
15:00 – 15:05	Marie Hammerbek-Andersen	2	Freestyle WOMEN
10 min. Pause – Fællesbillede			
15:15 – 15:30	Aktiviter / Shows (Anden sportsgren)		
15:30 – 15:50	Præmieoverrækkelser		
15:50 – 16:00	Dørene Lukker		
19:00 – 23:00 - VICY GYM Afterparty			