

Individuel Træningsklasse

Jordrup, 18. June 2017

Session 1

Speed Weavers
Hula Hoop
Bottle swap
Mug Shuffle
Three Mug
Two Flag
Flag Fliers

Session 2

Bottle Shuttle
Association Race
Bottle Exchange
Run and Ride
Mug Shuffle
Triple Flag
Flag Fliers

Tie break: Flag Fliers