**SPORTS to the PEOPLE**

**TIME ACTIVITY** **ADRESS**

**Friday 13 August**

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| 15.00 -18.00 | Outdoor Friday |  |

**Saturday 14 August**

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| 10.00 -15.00 | National Street Handball Tournament | Israels Plads |
| 10.30 -14.00 | 15 km hike north of Copenhagen | Farum Stationstorv, 3520 Farum |
| 13.00 -15.00 | Cheerleading workshop and performance | Mørkhøj Parkalle 5, Søborg |
| 14.00 -  16.00 | Open Fencing at Fægteklubben Trekanten, | Lyngbyvej 110, 2100 København Ø |

**Sunday 15 August**

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| 13.00 -15.00 | Try Parkour | Enghavevej 82D, 2450 København SV |
| 17.00 -18.00 | 2,5 km Walk | Rådhuspladsen, 1550 København V |
| 17.00 -19.00 | Senior cheerleading competition (+15 yrs.) | Gyngemosehallen |
| 12.00 -16.00 | Beach Handball | Kilometerbroen, Amager Strandpark |
| 0930 -12.30 | Around Copenhagen by Bike | Rådhuspladsen, 1550 København V |

**Monday 16 August**

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| 11.00 -13.00 | 8 km walk | Regnbuepladsen |
| 15.00 -16.00 | City run | Øster Voldgade 4A, 1350 København |
| 16.00 -18.00 | Open Basketball practice | Nuuks Plads |
| 16.00 -18.00 | Open competition cheerleading practise 7-11 yrs. | Mørkhøj Parkalle 5, 2860 Søborg |
| 16.30 -17.30 | Intro to zumba | Ørestad Streethal |
| 16.30 -17.30 | Try Cheerleading 4-7 yrs. | Mørkhøj Parkalle 5, 2860 Søborg |
| 17.00 -20.00 | Street Soccer, Street basket and Panna, | Under Buen |
| 17.30 -18.30 | Try Cheerleading 7-10 yrs. | Mørkhøj Parkalle 5, 2860 Søborg |
| 18.00 -20.00 | Open competition Cheerleading practise 11-16 yrs. | Mørkhøj Parkalle 5, 2860 Søborg |
| 18.00 -20.00 | Ultimate Frisbee | Lersø Parkallé 152, 2100 København Ø |
| 18.00 -20.00 | Try Parkour +18 yrs. | Enghavevej 82D, 2450 København SV |

**Tuesday 17 August**

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| 10.00 -11.00 | Nature Workouts (senior) | Gyngemosehallen |
| 10.00 -20.00 | Intro to Golf | Sports Village, Islands Brygge |
| 10.00 -12.00 | Active Seniors | Gyngemosehallen |
| 12.00 -14.00 | Intro to Crossnet, | Sports Village, Islands Brygge |
| 15.00 -17.00 | Try "Slappuk" | Absalonsgade 12, 1658 København V |
| 16.00 -18.00 | Walk in Frederiksberg 7 km | Regnbuepladsen |
| 16.30 -18.00 | Try Cheerleading 10-15 yrs, | Gyngemosehallen |
| 17.00 -18.30 | Aqua Fitness | Sports Village, Islands Brygge |
| 17.00 -18.00 | Soccer match try-out | Kalvebod Fælled Skole |
| 17.30 -18.30 | Intro to Yoga | Sports Village, Islands Brygge |
| 18.00 -20.00 | Try Parkour 18+ yrs. - women and non-binary | Enghavevej 82D, 2450 København SV |
| 16.00 -18.00 | Beach Dodgeball try-out | Islands Brygge, Sports Village |
| 17.00 -19.30 | Food and talk about diversity | Kobbelvænget 65, 2700 Brønshøj |
| 16.30 -18.00 | Open Boxing training | Sports Village, Islands Brygge |
| 15.00 -17.00 | Songwriting and Vocal practise | Tuborgvej 185, 2400 København NV |
| 18.00 -21.00 | Petanque | Sports Village, Islands Brygge |

**Wednesday 18 August**

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| 11.00 -12.00 | Basketball and trick shots | Islands Brygge 4 |
| 11.00 -12.30 | Kastellet Walk 3,5 km | Østerport station |
| 16.00 -18.00 | Intro to Crossnet, | Sports Village, Islands Brygge |
| 16.00 -18.00 | WorldPride Run | Rådhuspladsen, 1550 København V |
| 17.00 -18.00 | Outdoor Cross training | Kanonbådsvej 6 |
| 17.00 -20.00 | TeamGym performance show | Sports Village, Islands Brygge |
| 17.00 -18.00 | Intro to Yoga | Sports Village, Islands Brygge |
| 17.00 -20.00 | Cheerleading workshop and performance | Sports Village, Islands Brygge |
| 17.15 -18.45 | Try parkour +13 yrs. | Enghavevej 82D, 2450 København SV |
| 18.00 -19.00 | Intro to Thai Bo | Ørestad Streethal |
| 18.00 -20.00 | Ultimate Frisbee | Lersø Parkallé 152, 2100 København Ø |
| 18.00 -19.00 | Hip Hop Booster | Kanonbådsvej 6 |
| 16.30 -18.00 | Open Boxing training | Sports Village, Islands Brygge |

**Thursday 19 August**

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| 08.00 -20.30 | Climbing | Nørrebro Hallen Bragesgade 5 |
| 08.00 -09.00 | Aqua Fitness | Sports Village, Islands Brygge |
| 10.00 -12.00 | Active Seniors | Gyngemosehallen |
| 11.00 -21.00 | Try Olympic Weightlifting | Sports Village, Islands Brygge |
| 14.00 -16.00 | Try Linedance | Sports Village, Islands Brygge |
| 15.00 -18.00 | Basketball | Sports Village, Islands Brygge |
| 18.15 -18.45 | Try Parkour 18+ yrs. | Enghavevej 82D, 2450 København SV |
| 18.30 -20.30 | Try a Senior Cheer competition | Gyngemosehallen |
| 18.30 -21.00 | Street Handball | Sports Village, Islands Brygge |
| 16.00 -17.30 | Songwriting and Vocal practise | Tuborgvej 185, 2400 København NV |

**Friday 20 August**

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| 14.00 -16.00 | Try Linedance | Sports Village, Islands Brygge |
| 15.00 -18.00 | Outdoor Friday | Kanonbådsvej 6 |
| 15.00 -18.00 | Basketball | Sports Village, Islands Brygge |
| 17.00 -19.00 | Intro to Rugby and flag beach rugby | Kulturhuset Islands Brygge |
| 17.00 -22.00 | Mobile Frisbee-workshop | Fælledparken |
| 17.00 -18.00 | Samba show | Sports Village, Islands Brygge |
| 18.30 -20.00 | Samba-reggae-workshop (drums) | Sports Village, Islands Brygge |
| 18.30 -20.00 | Samba-reggae-workshop (dancing) | Sports Village, Islands Brygge |
| 15.00 -18.00 | Try out Fencing | Sports Village, Islands Brygge |

**Saturday 21 August**

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| 09.00 -16.00 | Try Cheerleading, | Gyngemosehallen |

**Sunday 22 August**

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| 11.00 -15.00 | Family Race and Open activities | Skolen i Sydhavnen |