

QUALIFICATIONS

2007 Punch pad & Kick pad credition course (Blackbelt Pro Sydney)

2006 The College of Health and Fitness- Brisbane (Certificate 3 & 4 in Fitness)

2006 Fernwood Personal Training Certificate of Completion

2005 General gymnastics and cheerleading coaching license

2004 World Class gym certificate in Power Box- Stockholm

2003 Abs, Core & stability training course (World Class gym)

2002 Ladies boxing workshop (3 days), Star Fight Gym- Stockholm

2002 Capoeira workshop (7 days) in Lyon- France

2001 Certificate in Freestyle Aerobics (World Class Gym, Stockholm)

1999 Capoeira workshop (7days) Hamburg-Germany

1995-1997 Performing Arts school in Gothenburg
(professional 2 year dance education)



HISTORY

2007- Owner of BAZE Personal Training Studios in Sydney

2006 Personal Trainer at Fernwood Women's Health Club

2005-06 Choreographed 3 series' of Funk Dance routines for
Gymnastic Queensland's cheerleading and gym program (Active Bods)

2004-06 Group fitness Instructor in hip hop, boxing, Capoeira,
spinning, stripercise, weight circuit and fat burning classes at
Bodywize Gym, Stafford Gym and Fernwood Health Club.

2004 Personal Trainer at Bodywize Gym and Powerhouse in Brisbane.

2002-2004 Instructor in boxing, Funk Aerobics, Core & Abs classes and Capoeira at World
Class Gym, Nautilus Gym and Saga Motion in Stockholm.

2002 and 2003 Manager and drama/dance pedagogue at the theatrical summer camp for
youths in Stockholm.

