

## Kreta September 2021

### Lördag:

|               |              |            |         |
|---------------|--------------|------------|---------|
| 16.15 - 17.00 | Zumba        | Beach      | Jessica |
| 16.15 - 17.00 | Tabata       | MOG        | Marlen  |
| 17.05 - 17.35 | Stretch      | Beach      | Jessica |
| 18.30 - 19.15 | Välkomstmöte | Bar        | Alla    |
| 19.15         | Middag       | Restaurang |         |

### Söndag:

|               |                            |              |         |
|---------------|----------------------------|--------------|---------|
| 07.15 - 08.05 | Yoga                       | Beach        | Jessica |
| 07.30 - 08.00 | Morning cardio             | MOG          | Louise  |
| 08.15 - 08.45 | Core                       | Beach        | Marlen  |
| 10.00 - 11.15 | TT Mix                     | MOG          | Alla    |
| 11.30 - 12.00 | Aqua Attack 110 cm         | Pool         | Jessica |
| 11.30 - 12.15 | Löpning - intervaller      | Receptionen  | Marlen  |
| 15.00 - 15.45 | Les Mills BodyPump (Bokas) | MOG          | Marlen  |
| 15.00 - 15.45 | Freepower                  | Beach        | Jessica |
| 16.00 - 16.45 | Les Mills Bodystep (Bokas) | MOG          | Louise  |
| 16.00 - 16.45 | Les Mills BodyBalance      | Beach        | Jessica |
| 17.00 - 17.30 | Stretch                    | Beach        | Louise  |
| 18.30 - 19.00 | Mingel                     | Baren        |         |
| 19.00         | Middag                     | Restaurangen |         |
| 20.15         | Kvällsöveraskning          | Konferensen  |         |

### Måndag:

|               |                               |              |         |
|---------------|-------------------------------|--------------|---------|
| 07.15 - 08.05 | Yin Yoga                      | Beach        | Jessica |
| 07.15 - 08.00 | Powertraining                 | Receptionen  | Marlen  |
| 08.15 - 08.45 | BMR                           | Beach        | Louise  |
| 08.20 - 08.50 | Aqua 140 cm                   | Spa Pool     | Jessica |
| 10.00 - 10.45 | Les Mills Sh`bam              | Beach        | Jessica |
| 10.00 - 10.45 | HIIT                          | MOG          | Marlen  |
| 11.00 - 11.45 | Endurance                     | Receptionen  | Marlen  |
| 11.00 - 11.45 | Funktionell Styrka - Miniband | MOG          | Louise  |
| 12.00 - 12.30 | Aqua Tabata 110 cm            | Pool         | Louise  |
| 12.00 - 12.45 | Les Mills Core                | MOG          | Marlen  |
| 12.50 - 13.15 | Stretch                       | MOG          | Marlen  |
| 15.30         | Promenad 10.7 km              | Receptionen  | Alla    |
| 17.30         | After workout                 | Baren        |         |
| 19.00         | Middag                        | Restaurangen |         |

### Tisdag:

|               |                            |              |         |
|---------------|----------------------------|--------------|---------|
| 07.15- 08.05  | Yoga                       | Beach        | Jessica |
| 07.15- 08.00  | Powerwalk                  | Receptionen  | Marlen  |
| 08.15 - 08.45 | Bootywork                  | Beach        | Jessica |
| 10.00 - 10.45 | Step (Bokas)               | MOG          | Jessica |
| 10.00 - 10.30 | Les Mills Barre            | Beach        | Louise  |
| 11.00 - 11.45 | TRX (Bokas)                | MOG          | Maren   |
| 11.00 - 11.45 | Core Connect               | Beach        | Louise  |
| 12.00 - 12.30 | Aqua 110 cm                | Pool         | Louise  |
| 15.00- 15.45  | Les Mills BodyPump (Bokas) | MOG          | Marlen  |
| 15.00 - 15.30 | Zumba                      | Beach        | Jessica |
| 16.00 - 16.45 | WOD                        | MOG          | Marlen  |
| 16.00 - 16.45 | Meditationsworkshop        | Beach        | Jessica |
| 17.45 - 18.15 | Mingel                     | Baren        |         |
| 18.15         | Föreläsning                | Konferensen  | Jessica |
| 19.00         | Middag                     | Restaurangen |         |

### Onsdag:

|               |                               |             |         |
|---------------|-------------------------------|-------------|---------|
| 06.40 - 07.10 | Tanitavägning (Bokas)         | Receptionen | Louise  |
| 07.15 - 08.05 | Yin Yoga                      | Beach       | Jessica |
| 07.30 - 08.00 | Morning cardio                | MOG         | Louise  |
| 08.15 - 08.45 | Core                          | Beach       | Marlen  |
| 08.20 - 08.50 | Aqua 140 cm                   | SPA Pool    | Jessica |
| 10.00 - 10.45 | Funktionell Cirkel            | MOG         | Marlen  |
| 10.00 - 10.45 | Les Mills Sh´bam              | Beach       | Jessica |
| 11.00 - 11.45 | Les Mills Bodycombat          | Beach       | Marlen  |
| 11.00 - 11.45 | Tabata                        | MOG         | Louise  |
| 12.00 - 12.30 | Aqua Attack 110 cm            | Pool        | Jessica |
| 12.00 - 12.30 | Funktionell Styrka - Miniband | MOG         | Louise  |
| 12.35 - 13.00 | Stretch                       | MOG         | Marlen  |
| 15.00         | Cykeltur upp i bergen (Bokas) | Receptionen |         |

### Torsdag:

|               |                            |             |         |
|---------------|----------------------------|-------------|---------|
| 06.40 - 07.10 | Tanitavägning (Bokas)      | Receptionen | Louise  |
| 07.15 - 08.05 | Yoga                       | Beach       | Jessica |
| 07.15 - 08.00 | Powertraining              | Receptionen | Marlen  |
| 08.15 - 08.45 | BMR                        | Beach       | Louise  |
| 10.00 - 10.45 | Core Connect               | Beach       | Louise  |
| 10.00 - 10.45 | Les Mills BodyStep (Bokas) | MOG         | Jessica |
| 11.00 - 11.30 | Aqua 110 cm                | Pool        | Jessica |

|                |                               |              |         |
|----------------|-------------------------------|--------------|---------|
| 11.00 – 11.45  | Bootcamp & Hinderbana         | Receptionen  | Marlen  |
| 12.00 – 12.30  | Genomgång Tanita              | MOG          | Louise  |
| 15.00 - 15.45  | Freepower                     | Beach        | Jessica |
| 15.00 - 15.45  | TRX (Bokas)                   | MOG          | Marlen  |
| 16.00 - 17.00  | Les Mills BodyBalance         | Beach        | Louise  |
| 16.00 - 16.40  | WOD                           | MOG          | Marlen  |
| 16.40 - 17.00  | Stretch                       | MOG          | Marlen  |
| 19.00          | Middag                        | Restaurangen |         |
| <b>Fredag:</b> |                               |              |         |
| 07.15 – 08.05  | Yin Yoga                      | Beach        | Jessica |
| 07.15– 08.00   | Powerwalk                     | Receptionen  | Marlen  |
| 08.15 – 08.45  | Bootywork                     | Beach        | Jessica |
| 08.20 – 08.50  | Aqua Tabata 140 cm            | SPA pool     | Louise  |
| 10.00 - 10.45  | Les Mills Core                | MOG          | Marlen  |
| 10.00 - 10.30  | Les Mills Barre               | Beach        | Louise  |
| 11.00 - 11.45  | Les Mills Bodycombat          | Beach        | Marlen  |
| 11.00 - 11.45  | Styrkeworkshop (Bokas)        | MOG          | Jessica |
| 12.00- 13.00   | Finalpass                     | MOG          | Alla    |
| 16.30          | Vinprovning – tillval (Bokas) | Receptionen  |         |
| 18.30          | Avslutning                    | Konferensen  |         |
| 19.15          | Middag                        | Restaurangen |         |
| <b>Lördag:</b> |                               |              |         |
| 07.00 – 07.30  | Moring cardio                 | MOG          | Louise  |
| 07.00 – 07.45  | Yoga                          | Beach        | Jessica |
| 08.00 – 08.30  | Core                          | Beach        | Marlen  |
| 10.00 – 10.45  | Funktionell cirkel            | MOG          | Marlen  |

*Mindre ändringar kan ske.*