

Träningsresa Kreta

September 2022

Lördag:

16.15 - 17.00	Zumba	Beach	Jessica
16.15 - 17.00	Tabata	MOG	Louise
17.05 - 17.30	Stretch	Beach	Jessica
18.30 - 19.15	Välkomstmöte	Bar	Alla
19.15	Middag	Restaurang	

Söndag:

07.15 - 08.05	Yoga	Beach	Jeanette
08.15 - 08.45	Morning cardio	MOG	Jessica
09.00 - 09.30	Välkomstmöte Gbg	Restaurangen	Jessica
10.00 - 11.15	TT Mix	MOG	Alla
11.30 - 12.00	Aqua Attack 110 cm	Pool	Jessica
11.30 - 12.15	Piloxing	Beach	Jeanette
15.00 - 15.45	Cirkelträning	MOG	Louise
15.00 - 15.45	Freepower	Beach	Jessica
16.00 - 16.45	Löpning - intervaller	Receptionen	Jeanette
16.00 - 16.45	Les Mills BodyBalance	Beach	Louise
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	Jeanette
08.15 - 08.45	Bootywork	Beach	Jessica
08.20 - 08.50	Aqua 140 cm	Pool	Louise
10.00 - 10.45	Dansaerobic	Beach	Jeanette
10.00 - 10.45	Les Mills BodyPump (Bokas)	MOG	Jessica
11.00 - 11.45	Les Mills BodyBalance	Beach	Jeanette
11.00 - 11.45	Funktionell Styrka	MOG	Louise
12.00 - 12.30	Tabata	MOG	Louise
12.00 - 12.30	Aqua Tabata 110 cm	Pool	Jessica
12.50 - 13.15	Stretch	MOG	Jeanette
15.30	Promenad 10.7 km	Receptionen	Jessica & Jeanette
17.30	After workout	Baren	
19.00	Middag	Restaurangen	

Tisdag:

07.15- 08.05	Yoga	Beach	Jeanette
07.15- 08.00	Powerwalk	Receptionen	Jessica
08.15 - 08.45	Core	Beach	Jeanette
10.00 - 10.45	Minibandsworkshop	MOG	Jeanette
10.00 - 10.45	Les Mills Sh´bam	Beach	Jessica
11.00 - 11.45	Styrkeworkshop	MOG	Jessica
11.00 - 11.45	Core Connect	Beach	Louise
12.00 - 12.30	Aqua 110 cm	Pool	Jessica
15.00 - 15.45	Les Mills BodyAttack (Bokas)	MOG	Jeanette
15.00 - 15.45	Zumba	Beach	Jessica
16.00 - 16.45	Meditationsworkshop	Beach	Jessica
17.45 - 18.15	Mingel	Baren	
18.15	Föreläsning "Ser du det stora i det lilla?"	Konferensen	Jessica
19.00	Middag	Restaurangen	

Onsdag:

07.15 - 08.05	Yin Yoga	Beach	Jessica
07.15 - 08.00	Powertraining	Receptionen	Jeanette
08.15 - 08.45	Morning Cardio	MOG	Jessica
10.00 - 10.45	Tabata	MOG	Jessica
10.00 - 10.45	Les Mills Barre	Beach	Louise
11.00 - 11.45	Dansaerobic	Beach	Jeanette
11.00 - 11.45	Funktionell Styrka	MOG	Louise
12.00 - 12.30	Aqua Tabata 110 cm	Pool	Louise
12.00 - 12.30	Löpning Intervaller	Receptionen	Jeanette
15.00	Cykeltur upp i bergen (Bokas)	Receptionen	
17.00- 17.30	Yoga Nidra	Beach	Jessica

Torsdag:

07.15 - 08.05	Yoga	Beach	Jeanette
08.15 - 08.45	Bootywork	Beach	Jessica
08.20 - 08.50	Aqua 140 cm	Pool	Louise
10.00 - 10.45	Piloxing	Beach	Jeanette
10.00 - 10.45	Cirkelträning	MOG	Louise
11.00 - 11.45	Core Connect	Beach	Louise
11.00 - 11.45	Endurance	Receptionen	Jeanette
12.00 - 12.30	Aqua 110 cm	Pool	Jessica
15.00 - 15.45	Freepower	Beach	Jessica
15.00 - 15.45	HIIT Cardio	MOG	Jeanette
16.00 - 17.00	Les Mills BodyBalance	Beach	Jessica
19.00	Middag	Restaurangen	
20.15	Kvällsoverraskning	Samling vid baren	

Fredag:

07.15 – 08.05	Yin Yoga	Beach	Jessica
07.15 – 08.00	Powerwalk	Receptionen	Jeanette
08.15 – 08.45	Core	Beach	Jeanette
08.20 – 08.50	Aqua Tabata 140 cm	Pool	Jessica
10.00 - 10.45	Minibandstabata	MOG	Louise
10.00 - 10.45	Cardiofys	Beach	Jessica
11.00 - 11.45	Les Mills BodyAttack	Beach	Marlen
11.00 - 11.45	Styrkeworkshop (Bokas)	MOG	Jessica
15.00 - 16.00	Finalpass	MOG	Jessica & Jeanette
18.30	Avslutning	Konferensen	
19.15	Middag	Restaurangen	

Lördag:

07.00 – 07.45	Yoga	Beach	Jessica
07.45 - 08.30	PowerTraining	Receptionen	Jeanette
08.00 – 08.30	Morning Cardio	MOG	Jessica

Mindre ändringar kan ske.

Endurance

Receptionen

Jeanette