

Träningsresa Madeira

Mars 2023

Måndag

15.30 – 16.15	Funktionell Cirkel	Cardiodeck	Sandra
16.15 – 17.00	Stretch & Relax	Cardiodeck	Sandra
18.30 - 19.00	Välkomstmöte CPH	Terrassen	
19.00	Middag		

Tisdag

07.15 – 08.05	Yin Yoga	Yogadeck	Louise
07.15 - 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Full Body Strength	Yogadeck	Louise
10.15 – 11.00	Afro	Cardiodeck	Sandra
11.30 – 12.00	Aqua	Poolen	Sandra
15.30 – 16.15	Minibandstabata	Cardiodeck	Louise
16.30 – 17.15	Freepower	Cardiodeck	Sandra
17.15 – 17.45	Stretch	Cardiodeck	Sandra
19.00	Välkomstmöte STHLM	Terrassen	
19.30	Middag		
20.30	Kvällsoverraskning	Konferensen	

Onsdag

07.15– 08.05	Les Mills BodyBalance	Yogadeck	Louise
08.15 – 08.45	Core	Yogadeck	Sandra
10.15 – 11.45	TT Mix	Cardiodeck	Alla
12.15 – 12.45	Aqua Tabata	Poolen	Louise
15.00 – 18.00	Promenad vid levadorna	Receptionen	Alla
19.00	Middag		

Torsdag

07.15– 08.05	Yin Yoga	Yogadeck	Louise
07.15 – 08.00	Powertraining	Receptionen	Sandra
08.15 – 08.45	Bootywork	Yogadeck	Sandra
10.15 – 11.00	Bootcamp	Cardiodeck	Sandra
10.15 – 11.00	Core Connect	Terrassen	Louise
11.15 – 12.00	Funktionell cirkel	Cardiodeck	Sandra
11.15 - 12.00	Les Mills Bodystep	Terrassen	Louise
12.15 – 12.45	Aqua	Poolen	Sandra
15.30 – 16.15	Les Mills BodyStep	Cardiodeck	Louise
16.30 – 17.15	Pilates	Cardiodeck	Sandra
17.15 - 18.00	After Workout	Baren	Alla
19.00	Middag		

Fredag

07.15 – 08.05	Les Mills BodyBalance	Yogadeck	Louise
07.15 – 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Full Body Strength	Yogadeck	Louise
10.15 – 11.00	Les Mills Barre	Cardiodeck	Louise
10.15 - 11.00	Funktionell Styrka	Inomhus	Sandra
11.15 – 12.00	Freepower	Cardiodeck	Sandra
11.15 – 12.00	Löpskolning & intervaller	Receptionen	Louise

13.15	Promenad till Camara de lobos	Receptionen	Alla
19.00	Middag		
Lördag			
07.15 – 08.05	Yin Yoga	Yogadeck	Louise
08.15 – 08.45	Core	Yogadeck	Sandra
10.15 – 11.00	Spinning	Spinningsalen	Louise
10.15 – 11.00	Box	Cardiodeck	Sandra
11.15 – 12.00	Afro	Cardiodeck	Sandra
11.15 – 12.00	Funktionell Cirkel	Inomhus	Louise
12.15 – 12.45	Aqua Tabata	Poolen	Louise
15.30 – 16.15	WOD	Inomhus	Sandra
16.30 – 17.15	Core Connect	Terassen	Louise
17.15-18.00	After Workout	Baren	Alla
19.00	Föreläsning	Konferensen	
19.45	Middag		
Söndag			
07.15 – 08.05	Les Mills BodyBalance	Yogadeck	Louise
07.15 – 08.00	Powertraining	Receptionen	Sandra
08.15 – 08.45	Bootywork	Yogadeck	Sandra
10.15 – 11.00	Minibandsworkshop	Cardiodeck	Louise
10.15 – 11.00	Step & Styrka	Terassen	Sandra
11.15 – 12.15	Finalpass	Cardiodeck	Alla
15.00	Vinprovning (Tillval)	Receptionen	
19.00	Avslutning	Terassen	
19.30	Middag		
Måndag			
07.15 – 08.05	Yin Yoga	Yogadeck	Louise
07.15 – 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Full Body Strength	Yogadeck	Louise
11.15 – 12.00	Tabata	Cardiodeck	Louise
12.15 - 12.45	Aqua Tabata	Poolen	Louise
16.30 – 17.10	Core Connect	Cardiodeck	Louise
17.10 – 17.40	Stretch	Cardiodeck	Louise
19.00	Middag		