

La Pared, Fuerteventura November 2022

Fredag

| | | |
|-----------------------------|-------------|---------|
| 16.15 - 17.00 Cirkelträning | Multicourt | Marlen |
| 17.00 - 17.30 Stretch | Multicourt | Jessica |
| 18.30 - 19.00 Välkomstmöte | Konferensen | Alla |
| 19.00 Middag | Restaurang | Alla |

Lördag

| | | |
|-----------------------------------|--------------|---------|
| 07.15 - 08.00 Yoga | Yoga Shala | Sabina |
| 07.15 - 08.00 Powerwalk | Receptionen | Jessica |
| 08.15 - 08.45 Bootywork | WOD Box | Jessica |
| 10.00 - 11.30 TT Mix | WOD Box | Alla |
| 15.00 - 15.45 Box | WOD Box | Marlen |
| 15.00 - 15.45 Les Mills Sh´bam*** | Yoga Shala | Jessica |
| 16.00 - 16.45 Tabata | Multicourt | Marlen |
| 16.00 - 16.45 Freepower | Yoga Shala | Sabina. |
| 17.00 - 17.30 Stretch | Yoga Shala | Sabina |
| 19.30 Middag | Restaurangen | Alla |

Söndag

| | | |
|---|--------------------------|---------|
| 07.15- 08.00 Yin Yoga | Yoga Shala | Jessica |
| 07.15 - 08.00 PowerTraining | Receptionen | Marlen |
| 08.15 - 08.45 Core | WOD Box | Marlen |
| 10.00 - 10.45 Bootcamp | Receptionen (Yoga Shala) | Marlen |
| 10.00 - 10.45 Les Mills BodyStep | WOD Box | Jessica |
| 11.00 - 11.45 Skadeförebyggande träning | Yoga Shala | Jessica |
| 11.00 - 11.45 Cirkelträning | Multicourt | Marlen |
| 12.00 - 12.30 Aqua Tabata*** | Pool | Jessica |
| 15.00 - 15.45 Les Mills BodyPump | WOD Box | Jessica |
| 15.00 - 15.45 Zumba*** | Yoga Shala | Sabina |
| 16.00 - 16.45 Spinning | Spinning area | Marlen |
| 16.00 - 16.45 Minibandsworkshop | Yoga Shala | Sabina |
| 17.00 - 17.30 Stretch | Yoga Shala | Sabina |
| 19.00 Middag | Restaurangen | Alla |
| 20.30 - Kvällsoverraskning | Konferensen | Alla |

Måndag

| | | |
|------------------------------------|-------------|---------|
| 07.15- 08.00 Yoga | Yoga Shala | Sabina |
| 07.30- 08.00 Powerwalk | Receptionen | Marlen |
| 08.15 - 08.45 Morning Cardio | WOD Box | Sabina |
| 10.00 - 10.45 Löpintervaller*** | Receptionen | Jessica |
| 10.00 - 10.45 Les Mills BodyCombat | Yoga Shala | Marlen |
| 11.00 - 11.45 Tabata | Multicourt | Marlen |
| 11.00 - 11.45 Piloxing | Yoga Shala | Sabina |
| 12.00 - 12.30 Aqua*** | Poolen | Sabina |
| 15.00 Ökenpromenad, ca 8,8 km | Receptionen | Alla |
| 18.15 - 19.00 Meditation Workshop | Yogaroom | Jessica |

19.00 - Middag

Restaurangen

Tisdag

| | | |
|---|--------------|---------|
| 07.15 – 08.00 Yin Yoga | Yoga Shala | Jessica |
| 07.15 – 08.00 PowerTraining | Receptionen | Marlen |
| 08.15 – 08.45 Bootywork | WOD Box | Jessica |
| 10.00 - 10.45 Box | Yoga Shala | Marlen |
| 10.00 - 10.45 Les Mills BodyStep | WOD Box | Jessica |
| 11.00 - 11.45 Les Mills Core | Yoga Shala | Marlen |
| 11.00 - 11.45 Dance*** | Multicourt | Sabina |
| 12.00 - 12.30 Aqua Attack*** | Pool | Jessica |
| 15.00 – 15.45 HIIT | WOD Box | Marlen |
| 15.00 – 15.45 Freepower | Yoga Shala | Sabina |
| 16.00 - 17.00 Minibandsworkshop + Stretch | Multicourt | Sabina |
| 16.00 – 17.00 Les Mills BodyBalance | Yoga Shala | Jessica |
| 19.00 Middag | Restaurangen | Alla |

Onsdag

| | | |
|--|---------------|------------------|
| 07.15 – 08.00 Yoga | Yoga Shala | Sabina |
| 07.15 – 08.00 Powerwalk | Receptionen | Jessica |
| 08.15 – 08.45 Core | WOD Box | Marlen |
| 10.00 - 10.45 Spinning (Bokas) | Spinning area | Marlen |
| 10.00 - 10.45 Zumba*** | Yoga Shala | Sabina |
| 11.00 – 11.45 Les Mills BodyCombat | Multicourt | Marlen |
| 11.00 - 11.45 Paryoga | Yoga Shala | Sabina & Jessica |
| 12.00 – 12.30 Aqua*** | Pool | Sabina |
| 14.30 Utflykt till Morro Jable – (Kostnad för transporten) | Receptionen | |
| 19.00 Middag | Restaurangen | Alla |
| 20.30 Kvällsoverraskning | Konferensen | Alla |

Torsdag

| | | |
|-------------------------------------|------------------------|---------|
| 07.15 – 08.05 Yin Yoga | Yoga Shala | Jessica |
| 07.15 – 08.00 PowerTraining | Receptionen | Marlen |
| 08.15 – 08.45 Morning Cardio | WOD Box | Sabina |
| 10.00 - 10.45 Tabata | WOD Box | Sabina |
| 10.00 - 10.45 Les Mills Core | Yoga Shala | Marlen |
| 11.00 - 11.45 Piloxing*** | Yoga Shala | Sabina |
| 11.00 - 11.45 HIIT | Multicourt | Marlen |
| 12.00- 12.30 Aqua Tabata*** | Pool | Jessica |
| 15.00 – 15.45 Les Mills BodyPump | WOD Box | Marlen |
| 15.00 - 15.45 Les Mills BodyBalance | Yoga Shala | Jessica |
| 16.00 – 17.00 Finalpass | WOD Box | Alla |
| 18.30 - Avslutning | Konferensen/ Poolbaren | Alla |
| 19.15 - Middag | Restaurangen | Alla |

Fredag

| | | |
|-------------------------|-------------|--------|
| 07.15- 08.00 Yoga | Yoga Shala | Sabina |
| 07.15 - 08.00 Powerwalk | Receptionen | Marlen |

Mindre ändringar kan ske.

***Klassen är öppen för deltagande även för övriga gäster på hotellet.