

## Sivota Retreat Sept 2022

### Måndag:

|                                  |             |           |
|----------------------------------|-------------|-----------|
| 16.00- Välkomstmöte              | Receptionen | Alla      |
| 17.00 – 17.45 Funktionell cirkel | Box         | Kristofer |
| 17.45 – 18.15 Stretch & Relax    | Box         | Annelie   |
| 19.30 Middag                     | Restaurang  | Alla      |

### Tisdag:

|                              |              |           |
|------------------------------|--------------|-----------|
| 07.00 – 08.00 Yoga           | Fitness      | Kristofer |
| 07.15 – 08.00 Powerwalk      | Receptionen  | Annelie   |
| 08.15 – 08.45 Core           | Fitness      | Annelie   |
| 10.00 – 11.15 TT Mix         | Fitness      | Alla      |
| 11.30 - 12.00 Aqua Tabata    | Pool         | Annelie   |
| 15.00 - 15.45 Freepower      | Fitness      | Kristofer |
| 16.00 - 16.45 Styrkeworkshop | Box          | Annelie   |
| 17.00 - 17.30 Stretch        | Fitness      | Kristofer |
| 18.30 - 19.00 Mingel         | Baren        | Alla      |
| 19.00 - Middag               | Restaurangen | Alla      |
| 20.30 - Kvällsoverraskning   | Konferensen  | Alla      |

### Onsdag:

|                                  |              |           |
|----------------------------------|--------------|-----------|
| 07.00– 08.00 Yin Yoga            | Fitness      | Kristofer |
| 07.15 - 08.00 Powertraining      | Receptionen  | Annelie   |
| 08.15 – 08.45 Full body strength | Fitness      | Kristofer |
| 10.00 - 10.45 Latin Rhythms      | Fitness      | Kristofer |
| 10.00 - 10.45 Challenge          | Box          | Annelie   |
| 11.00 - 11.45 Box                | Box          | Annelie   |
| 12.00 - 12.30 Aqua               | Pool         | Annelie   |
| 15.30 – ca 17.30 Vandring        | Receptionen  | Alla      |
| 19.00 - Middag                   | Restaurangen |           |

### Torsdag:

|                                     |              |           |
|-------------------------------------|--------------|-----------|
| 07.00– 08.00 Yoga                   | Fitness      | Kristofer |
| 07.15– 08.00 Morgonjogg             | Receptionen  | Annelie   |
| 08.15 – 08.45 Bootymoove            | Fitness      | Kristofer |
| 10.00 - 10.45 Funktionell styrka    | Box          | Kristofer |
| 11.00 - 11.45 Löpskolning           | Receptionen  | Annelie   |
| 11.00 – 11.45 Les Mills Body Attack | Fitness      | Kristofer |
| 12.00 – 12.30 Aqua Fun              | Pool         | Annelie   |
| 15.30 – 16.15 Minibands workshop    | Fitness      | Annelie   |
| 16.15 – 16.45 Stretch & Relax       | Fitness      | Annelie   |
| 18.00 Föreläsning                   | Konferensen  | Kristofer |
| 19.00 - Middag                      | Restaurangen |           |

**Fredag:**

|                          |              |           |
|--------------------------|--------------|-----------|
| 07.00 – 08.00 Yin Yoga   | Fitness      | Kristofer |
| 07.30 – 08.00 Powerwalk  | Receptionen  | Annelie   |
| 08.15 – 08.45 Core       | Fitness      | Annelie   |
| 10.00 - 10.45 Tabata     | Box          | Annelie   |
| 11.00 - 11.45 Sh`bam     | Fitness      | Kristofer |
| 11.00 - 11.45 Bootcamp   | Receptionen  | Annelie   |
| 12.00 – 12.30 Aqua       | Pool         | Annelie   |
| 15.00 - Cykeltur (Bokas) | Receptionen  |           |
| 18.30 Middag             | Restaurangen | Alla      |
| 20.00 Sunset Yoga        | Fitness      | Kristofer |

**Lördag:**

|                                  |              |           |
|----------------------------------|--------------|-----------|
| 07.00 – 08.00 Yoga               | Fitness      | Kristofer |
| 07.15 – 08.00 Powertraining      | Receptionen  | Annelie   |
| 08.15 – 08.45 Full Body strength | Fitness      | Kristofer |
| 10.00 - 10.45 WOD                | Box          | Annelie   |
| 11.00 – 11.45 Freepower          | Fitness      | Kristofer |
| 12.00 – 12.30 Aqua Tabata        | Pool         | Annelie   |
| 15.30 - 16.15 Latin Rhythms      | Fitness      | Kristofer |
| 15.30 - 16.15 Box                | Box          | Annelie   |
| 16.30 - 17.15 Mobility           | Fitness      | Kristofer |
| 19.00 - Middag                   | Restaurangen | Alla      |
| 20.30 - Kvällsövertäckning       | Restaurangen | Alla      |

**Söndag:**

|                                   |              |           |
|-----------------------------------|--------------|-----------|
| 07.00 – 08.00 Yin Yoga            | Fitness      | Kristofer |
| 07.15– 08.00 Morgonjogg           | Receptionen  | Annelie   |
| 08.15 – 08.45 Bootymoove          | Fitness      | Kristofer |
| 10.00 – 10.00 Löpintervaller      | Receptionen  | Annelie   |
| 10.00 - 10.45 Les Mills Body Pump | Fitness      | Kristofer |
| 11.00 - 11.45 HIIT                | Box          | Annelie   |
| 11.00 - 11.45 Sh`bam              | Fitness      | Kristofer |
| 12.00- 13.00 Finalpass            | Box          | Alla      |
| 16.30 Vinprovning (Bokas)         | Poolbaren    | Alla      |
| 18.30 - Avslutning                | Konferensen  | Alla      |
| 19.15 - Middag                    | Restaurangen | Alla      |

**Måndag:**

07.00 – 08.00 Yoga

Fitness

Kristofer

07.15– 08.00 Powerwalk

Receptionen

Annelie

08.15 – 08.45 Core

Fitness

Annelie

10.00 – 11.00 Les Mills Body Attack

Fitness

Kristofer

11.00 – 11.45 Funktionell styrka

Box

Annelie

Hemresa

*Mindre ändringar I schemat kan förekomma*