

## Träningsresa Kreta

September 2023

### Lördag 23 september

16.15 - 17.00	Dansaerobic	Beach	Jeanette
16.15 - 17.00	Cirkelträning	MOG	Karin
17.05 - 17.30	Stretch	Beach	Jeanette
18.30 - 19.15	Välkomstmöte	Bar	Alla
19.15	Middag	Restaurang	

### Söndag 24 september

07.15 - 08.05	Yoga	Beach	Jeanette
07.15 - 08.00	Powerwalk	Receptionen	Louise
08.15 - 08.45	Morning cardio	Beach	Karin
09.00 - 09.30	Välkomstmöte Gbg	Bar / Terrassen	Louise
10.00 - 11.15	TT Mix	MOG	Alla
11.30 - 12.00	Aqua 110 cm	Pool	Louise
11.30 - 12.15	Piloxing	Beach	Jeanette
15.00 - 15.45	Tabata	MOG	Louise
15.00 - 15.45	Les Mills Sh`bam	Beach	Karin
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 25 september

07.15 - 08.05	Yin Yoga	Beach	Louise
07.15 - 08.00	Powertraining	Receptionen	Jeanette
08.15 - 08.45	Bootywork	Beach	Karin
08.20 - 08.50	Aqua 140 cm	Pool	Louise
10.00 - 10.45	Dansaerobic	Beach	Jeanette
10.00 - 10.45	Les Mills Body Combat	MOG	Karin
11.00 - 11.45	Les Mills BodyBalance	Beach	Jeanette
11.00 - 11.45	HIIT	MOG	Karin
12.00 - 12.30	Aqua Tabata 110 cm	Pool	Louise
12.50 - 13.15	Stretch	MOG	Jeanette
15.30	Promenad 10.7 km	Receptionen	
17.30	After workout	Baren	
19.00	Middag	Restaurangen	

### Tisdag 26 september

07.15 - 08.05	Yoga	Beach	Jeanette
07.15 - 08.00	Powerwalk	Receptionen	Louise
08.15 - 08.45	Full Body Strenght	Beach	Louise
10.00 - 10.45	Minibandsworkshop	MOG	Jeanette
10.00 - 10.45	Les Mills Sh´bam	Beach	Karin
11.00 - 11.45	Styrkeworkshop	MOG	Karin
11.00 - 11.45	Core Connect	Beach	Louise
12.00 - 12.30	Aqua 110 cm	Pool	Karin
15.00 - 15.45	Les Mills BodyAttack	MOG	Jeanette
15.00 - 15.45	Zumba	Beach	Karin
17.45 - 18.30	Olivoljeproving	Sealine	
19.00	Middag	Restaurangen	

### Onsdag 27 september

07.15 - 08.05	Yin Yoga	Beach	Louise
07.15 - 08.00	Powertraining	Receptionen	Jeanette
08.15 - 08.45	Core	Beach	Jeanette
10.00 - 10.45	Cirkelträning	MOG	Karin
10.00 - 10.45	Dansaerobic	Beach	Jeanette
11.00 - 11.45	Les Mills Barre	Beach	Louise & Karin
11.00 - 11.45	HIIT Cardio	MOG	Jeanette
12.00 - 12.30	Aqua Tabata 110 cm	Pool	Louise

### Torsdag 28 september

07.15 - 08.05	Yoga	Beach	Jeanette
07.15 - 08.00	Powerwalk	Receptionen	Louise
08.15 - 08.45	Morning Cardio	Beach	Karin
08.20 - 08.50	Aqua 140 cm	Pool	Louise
10.00 - 10.45	Piloxing	Beach	Jeanette
10.00 - 10.45	Les Mills BodyStep - <i>Bokas</i>	MOG	Louise
11.00 - 11.45	Dance Fusion	Beach	Jeanette
11.00 - 11.45	Bootcamp & Hinderbana	Receptionen	Karin
12.00 - 12.30	Aqua 110 cm	Pool	Louise
15.00 - 15.45	Les Mills BodyCombat	Beach	Karin
15.00 - 15.45	Tabata	MOG	Jeanette
16.00 - 17.00	Les Mills BodyBalance	Beach	Jeanette
18.15	Föreläsning	"Konferensen	Karin
19.00	Middag	Restaurangen	
20.15	Kvällsovrraskning	Samling vid baren	

**Fredag 29 september**

07.15 – 08.05	Yin Yoga	Beach	Louise
07.15– 08.00	Powertraining	Receptionen	Jeanette
08.15 – 08.45	Bootywork	Beach	Karin
08.20 – 08.50	Aqua Tabata 140 cm	Pool	Louise
10.00 - 10.45	Tabata	MOG	Louise
10.00 - 10.45	Les Mills BodyAttack	Beach	Jeanette
11.00 - 11.45	Core Connect	Beach	Louise
11.00 - 11.45	Styrkeworkshop - <i>Bokas</i>	MOG	Karin
15.00 - 16.00	Finalpass	MOG	Alla
18.30	Avslutning	Konferensen	
19.15	Middag	Restaurangen	

**Lördag 30 oktober**

07.00 – 07.45	Yoga	Beach	Jeanette
07.45 - 08.30	Powerwalk	Receptionen	Louise
08.00 – 08.30	Core	Beach	Jeanette

*Mindre ändringar kan ske.*