

## Träningsresa Cypern

Maj 2024

### Lördag

17.00 – 18.00	Tabata + Stretch	Fitness Area	Kristofer
19.15 - 19.45	Välkomstmöte STHLM	Terassen	Kristofer
19.45	Middag	Restaurangen	

### Söndag

07.15 – 08.00	Yin Yoga	Fitness Area	Kristofer
08.15 – 08.45	Core Connect	Fitness Area	Kristofer
10.15 – 11.00	Cirkelträning	Fitness Area	Kristofer
15.00 - 15.45	Les Mills Dance	Fitness Area	Kristofer
16.00 – 16.45	Freepower	Fitness Area	Kristofer
16.45- 17.15	Stretch	Fitness Area	Sandra
19.00	Välkomstmöte KPH	Terassen	Alla
19.30	Middag	Restaurangen	
20.30	Kvällsöverraskning	Konferensen	

### Måndag

07.15– 08.00	Yoga	Fitness Area	Kristofer
07.15 - 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Bootywork	Fitness Area	Sandra
10.15 – 11.45	TT Mix	Fitness Area	Alla
12.15 – 12.45	Aqua Tabata	Poolen	Sandra
15.30 - 16.15	WOD	Fitness Area	Kristofer
16.30 - 17.15	Pilates	Fitness Area	Sandra
17.15 -17.30	Stretch	Fitness Area	Sandra
19.00	Middag	Restaurangen	

### Tisdag

07.15– 08.00	Yin Yoga	Fitness Area	Kristofer
07.15 – 08.00	Powertraining	Receptionen	Sandra
08.15 – 08.45	Morning Cardio	Fitness Area	Sandra
10.15 – 11.00	Minibandsworkshop	Terassen	Sandra
10.15 - 11.00	Functional Power	Fitness Area	Kristofer
11.15 – 12.00	Latin Rhythms	Fitness Area	Kristofer
12.30 – 13.00	Aqua	Poolen	Sandra
15.00 - 15.45	Soma Move	Fitness Area	Kristofer
16.00 – 16.45	Styrkeworkshop	Terassen	Kristofer
16.00 - 16.45	Step & Styrka	Fitness Area	Sandra
16.45 – 17.15	Yoga Nidra	Fitness Area	Kristofer
17.15-18.00	After Workout	Baren	Alla
19.45	Middag	Restaurangen	

### Onsdag

07.15 – 08.00	Yoga	Fitness Area	Kristofer
07.15 – 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Core Connect	Fitness Area	Kristofer
10.15 – 11.00	HIIT	Fitness Area	Sandra
10.15 - 11.00	Mobility	Terassen	Kristofer
11.15 – 12.00	Les Mills Dance	Fitness Area	Kristofer
12.15 - 12.45	Aqua Tabata	Poolen	Sandra
15.30 - 16.15	Cirkelträning	Fitness Area	Kristofer

16.30 - 17.15	Pilates	Fitness Area	Sandra
17.15 - 17.45	Stretch	Fitness Area	Kristofer
19.00	Middag	Restaurangen	
<b>Torsdag</b>			
07.15 – 08.00	Yin Yoga	Fitness Area	Kristofer
07.15 - 08.00	Powertraining	Receptionen	Sandra
08.15 – 08.45	Bootywork	Fitness Area	Sandra
10.15 – 11.00	Löpintervaller	Receptionen	Sandra
10.15 – 11.00	Functional Power	Fitness Area	Kristofer
11.15 - 12.00	Pilates	Fitness Area	Sandra
12.15 – 12.45	Aqua	Poolen	Sandra
15.30 - 16.15	Les Mills BodyAttack	Fitness Area	Kristofer
15.30 - 16.15	Minibandsworkshop	Terassen	Sandra
16.30 - 17.15	Freepower	Fitness Area	Sandra
17.15 - 17.45	Yoga Nidra	Fitness Area	Kristofer
19.00	Middag	Restaurangen	
<b>Fredag</b>			
07.15 – 08.00	Yoga	Fitness Area	Kristofer
07.15 – 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Morning Cardio	Fitness Area	Sandra
10.15 - 11.00	Discogympa	Fitness Area	Sandra
11.15 – 12.00	Latin Rhythms	Fitness Area	Kristofer
12.15 - 12.45	Aqua Tabata	Poolen	Sandra
15.30 – 16.15	Paryoga	Fitness Area	Kristofer & Sandra
16.30 – 17.15	Finalpass	Fitness Area	Alla
18.45	Avslutning	Terassen	
19.30	Middag	Restaurangen	
<b>Lördag</b>			
07.15 – 08.00	Yin Yoga	Fitness Area	Kristofer
07.15 – 08.00	Powerwalk	Receptionen	Sandra
08.15 – 08.45	Core Connect	Fitness Area	Kristofer
10.15 – 11.00	Funktionell Styrka	Fitness Area	Sandra
11.15 – 11.45	Aqua	Poolen	Sandra
16.30 – 17.15	Tabata	Fitness Area	Sandra
17.15 – 17.45	Stretch	Fitness Area	Sandra
19.00	Middag	Restaurangen	
<b>Söndag</b>			
07.15 – 08.00	Yoga	Fitness Area	Sandra
08.15 - 08.45	Powerwalk	Receptionen	Sandra