

Träningsresa Cypern

Oktober 2024

Lördag

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

Söndag

07.15 – 08.00	Yin Yoga	Fitness Area	Louise
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.15 – 11.00	Cirkelträning	Fitness Area	Louise
15.00 - 15.45	Les Mills SHAPES	Fitness Area	Louise
16.00 – 16.45	Core Connect	Fitness Area	Louise
16.45- 17.15	Stretch	Fitness Area	Karin
19.00	Välkomstmöte KPH	Terassen	Alla
19.30	Middag	Restaurangen	
20.30	Kvällsöverraskning	Konferensen	

Måndag

07.15– 08.00	Les Mills BodyBalance	Fitness Area	Louise
07.15 - 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Core	Fitness Area	Karin
10.15 – 11.45	TT Mix	Fitness Area	Alla
12.15 – 12.45	Aqua Tabata	Poolen	Louise
15.30 - 16.15	HIIT	Fitness Area	Karin
16.30 - 17.15	Les Mills Dance	Fitness Area	Karin
17.15 -17.30	Stretch	Fitness Area	Karin
19.00	Middag	Restaurangen	

Tisdag

07.15– 08.00	Yin Yoga	Fitness Area	Louise
07.15 – 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.15 – 11.00	Minibandsworkshop	Terassen	Louise
10.15 - 11.00	Tabata	Fitness Area	Karin
11.15 – 12.00	Zumba	Fitness Area	Karin
12.30 – 13.00	Aqua	Poolen	Karin
15.00 - 15.45	Box	Fitness Area	Karin
16.00 – 16.45	Styrkeworkshop	Terassen	Karin
16.00 - 16.45	Les Mills BodyStep	Fitness Area	Louise
16.45 – 17.15	Sretch	Fitness Area	Louise
17.15-18.00	After Workout	Baren	Alla
19.45	Middag	Restaurangen	

Onsdag

07.15 – 08.00	Les Mills BodyBalance	Fitness Area	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.15 – 11.00	HIIT	Fitness Area	Karin
10.15 - 11.00	Les Mills SHAPES	Terassen	Louise
11.15 – 12.00	Les Mills Dance	Fitness Area	Karin
12.15 - 12.45	Aqua Tabata	Poolen	Louise
15.30 - 16.15	Cirkelträning	Fitness Area	Karin

16.30 - 17.15	Core Connect	Fitness Area	Louise
17.15 - 17.45	Stretch	Fitness Area	Louise
19.00	Middag	Restaurangen	

Torsdag

07.15 – 08.00	Yin Yoga	Fitness Area	Louise
07.15 - 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Core	Fitness Area	Karin
10.15 – 11.00	Löpintervaller	Receptionen	Louise
10.15 – 11.00	Box	Fitness Area	Karin
11.15 - 12.00	Les Mills BodyCombat	Fitness Area	Karin
12.15 – 12.45	Aqua	Poolen	Karin
15.30 - 16.15	Buddy Bootcamp	Fitness Area	Louise
15.30 - 16.15	Zumba	Terassen	Karin
16.30 - 17.15	Minibandsworkshop	Terassen	Louise
17.15 - 17.45	Stretch	Fitness Area	Louise
19.00	Middag	Restaurangen	

Fredag

07.15 – 08.00	Les Mills BodyBalance	Fitness Area	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.15 - 11.00	HIIT	Fitness Area	Karin
11.15 – 12.00	Les Mills Dance	Fitness Area	Karin
12.15 - 12.45	Aqua Tabata	Poolen	Louise
15.30 – 16.15	Clrkel	Fitness Area	Louise
16.30 – 17.15	Finalpass	Fitness Area	Alla
18.45	Avslutning	Terassen	
19.30	Middag	Restaurangen	

Lördag

07.15 – 08.00	Yin Yoga	Fitness Area	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.15 – 11.00	Funktionell Styrka	Fitness Area	Karin
11.15 – 11.45	Aqua	Poolen	Karin
16.30 – 17.15	Tabata	Fitness Area	Karin
17.15 – 17.45	Stretch	Fitness Area	Karin
19.00	Middag	Restaurangen	

Söndag

07.15 – 08.00	Powerwalk	Receptionen	Karin
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