

## Sivota Retreat

Maj 2024

### Måndag:

|                                  |             |        |
|----------------------------------|-------------|--------|
| 16.00 – 16.45 Funktionell cirkel | Box         | Ulrika |
| 16.45 – 17.00 Stretch & Relax    | Box         | Ulrika |
| 18.30- Välkomstmöte              | Konferensen | Alla   |
| 19.30 Middag                     | Restaurang  | Alla   |

### Tisdag:

|                                     |                      |        |
|-------------------------------------|----------------------|--------|
| 07.00 – 07.45 Les Mills BodyBalance | Theatre              | Louise |
| 07.00 – 07.45 Powerwalk             | Receptionen          | Ulrika |
| 08.00 – 08.30 Core                  | Small Training Area  | Ulrika |
| 10.00 – 11.00 TT Mix                | Theatre              | Alla   |
| 11.30 - 12.00 Aqua Tabata           | Pool                 | Louise |
| 15.00 - 15.45 Les Mills Shapes      | Theatre              | Louise |
| 16.00 - 16.45 Freepower             | Multicourt           | Ulrika |
| 17.00 - 17.30 Stretch & Relax       | Multicourt           | Ulrika |
| 18.30 - 19.00 Mingel                | Poolbaren            | Alla   |
| 19.00 - Middag                      | Restaurangen         | Alla   |
| 20.30 - Kvällsövertaskning          | Bredvid restaurangen | Alla   |

### Onsdag:

|                                  |              |        |
|----------------------------------|--------------|--------|
| 07.00– 07.45 Yin Yoga            | Theatre      | Louise |
| 07.00 - 07.45 Powertraining      | Receptionen  | Ulrika |
| 08.00 – 08.30 Full body strength | Box          | Louise |
| 10.00 - 10.45 Zumba              | Theatre      | Ulrika |
| 11.00 - 11.45 Box                | Box          | Ulrika |
| 12.00 - 12.30 Aqua               | Pool         | Louise |
| 15.30 – ca 17.30 Vandring        | Receptionen  | Alla   |
| 19.00 - Middag                   | Restaurangen |        |

### Torsdag:

|                                    |              |        |
|------------------------------------|--------------|--------|
| 07.00– 07.45 Les Mills BodyBalance | Theatre      | Louise |
| 07.00– 07.45 Powerwalk             | Receptionen  | Ulrika |
| 08.00 – 08.30 Morning Cardio       | Box          | Ulrika |
| 10.00 - 10.45 Core Connect         | Theatre      | Louise |
| 11.00 - 11.45 Löpintervaller       | Receptionen  | Louise |
| 11.00 – 11.45 Dansaerobic          | Multicourt   | Ulrika |
| 12.00 – 12.30 Aqua Tabata          | Pool         | Louise |
| 15.00 – 15.45 Funktionell Cirkel   | Box          | Ulrika |
| 16.00 – 16.30 Stretch & Relax      | Multicourt   | Ulrika |
| 19.00 - Middag                     | Restaurangen |        |

### Fredag:

|                                |                     |        |
|--------------------------------|---------------------|--------|
| 07.00 – 07.45 Yin Yoga         | Theatre             | Louise |
| 07.00 – 07.45 Powerwalk        | Receptionen         | Ulrika |
| 08.00 – 08.30 Core             | Small Training Area | Ulrika |
| 10.00 - 10.45 Les Mills Shapes | Theatre             | Louise |
| 11.00 - 11.45 Bootcamp         | Box                 | Ulrika |
| 12.00 – 12.30 Aqua             | Pool                | Louise |
| 15.00 - Cykeltur <b>Bokas</b>  | Cykelstation        |        |
| 19.00 Middag                   | Restaurangen        |        |

### Lördag:

|                                     |              |        |
|-------------------------------------|--------------|--------|
| 07.00 – 07.45 Les Mills BodyBalance | Theatre      | Louise |
| 07.00 – 07.45 Powertraining         | Receptionen  | Ulrika |
| 08.00 – 08.30 Full Body strength    | Box          | Louise |
| 10.00 - 10.45 Freepower             | Theatre      | Ulrika |
| 11.00 – 11.45 Tabata                | Box          | Louise |
| 12.00 – 12.30 Aqua Tabata           | Pool         | Louise |
| 15.30 - 16.15 Dansaerobic           | Theatre      | Ulrika |
| 16.30 - 17.15 Funktionell Rörlighet | Multicourt   | Ulrika |
| 19.00 - Middag                      | Restaurangen | Alla   |
| 20.30 - Kvällsoverraskning          | Restaurangen | Alla   |

### Söndag:

|                                |                     |        |
|--------------------------------|---------------------|--------|
| 07.00 – 07.45 Yin Yoga         | Theatre             | Louise |
| 07.00– 07.45Powerwalk          | Receptionen         | Ulrika |
| 08.00 – 08.30 Morning Cardio   | Box                 | Ulrika |
| 10.00 - 10.45 Box              | Small Training Area | Ulrika |
| 11.00 - 11.45 Zumba            | Small Training Area | Louise |
| 12.00- 13.00 Finalpass         | Box                 | Alla   |
| 16.30 Vinprovning <b>Bokas</b> | Terassen            | Alla   |
| 18.30 - Avslutning             | Konferensen         | Alla   |
| 19.15 - Middag                 | Restaurangen        | Alla   |

### Måndag:

|                                     |             |        |
|-------------------------------------|-------------|--------|
| 07.00 – 07.45 Les Mills BodyBalance | Theatre     | Louise |
| 07.15– 08.00 Powerwalk              | Receptionen | Ulrika |

*Dags för hemresa!*

*Mindre ändringar i schemat kan förekomma*