

Träningsresa Cypern

Oktober 2024

Lördag

17.00 – 17.45	Tabata	Fitness Area	Kristofer
17.45 – 18.00	Stretch	Fitness Area	Kristofer
19.15 - 19.45	Välkomstmöte STHLM	Konferensen	Kristofer
19.45	Middag	Restaurangen	

Söndag

07.15 – 08.00	Yin Yoga	Yoga Terrace	Kristofer
08.15 – 08.45	Core	Fitness Area	Kristofer
10.30 – 11.15	Cirkelträning	Fitness Area	Kristofer
15.00 - 15.45	Latin Rythms	Fitness Area	Kristofer
16.00 – 16.45	Freepower	Fitness Area	Kristofer
16.45- 17.15	Stretch	Fitness Area	Kristofer
19.30	Middag	Restaurangen	

Måndag

07.15– 08.00	Morgonyoga	Yoga Terrace	Kristofer
07.15 - 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
09.30 - 10.00	Välkomstmöte KPH	Konferensen	Louise
10.30 – 11.30	TT Mix	Fitness Area	Alla
12.00 – 12.30	Aqua Tabata	Poolen	Louise
15.30 - 16.15	HIIT	Fitness Area	Karin
15.30 - 16.15	Mobility	Yoga Terrace	Kristofer
16.30 - 17.15	Les Mills Dance	Fitness Area	Karin
16.30 - 17.15	Soma Move	Yoga Terrace	Kristofer
17.15 - 17.40	Stretch	Fitness Area	Louise
18.30 - 19.15	Föreläsning	Konferensen	Kristofer
19.15	Middag	Restaurangen	
20.30	Kvällsoverraskning	Konferensen	

Tisdag

07.15– 08.00	Yin Yoga	Yoga Terrace	Kristofer
07.15 – 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.30 – 11.15	Les Mills SHAPES	Yoga Terrace	Louise
10.30 - 11.15	Zumba	Fitness Area	Karin
11.30 – 12.15	Tabata	Fitness Area	Louise
11.45 – 12.15	Aqua	Poolen	Karin
14.00	Promenad Nissi beach	Receptionen	Alla
19.00	Middag	Restaurangen	

Onsdag

07.15 – 08.00	Les Mills BodyBalance	Yoga Terrace	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Core	Fitness Area	Kristofer
10.30 – 11.15	Styrkeworkshop	Fitness Area	Karin
10.30 – 11.15	Les Mills Pilates	Yoga Terrace	Louise
11.30 – 12.15	Les Mills BodyAttack	Fitness Area	Kristofer
11.30 – 12.15	Freepower	Yoga Terrace	Kristofer

12.30 - 13.00	Aqua Tabata	Poolen	Louise
16.00 - 16.45	Les Mills Dance	Fitness Area	Karin & Kristofer
16.00 - 16.45	Core Connect	Yoga Teracce	Louise
18.00 - ca 19.45	Skulpturparken & Sunset Yoga	Receptionen	Alla (Kristofer)
20.00	Middag	Restaurangen	

Torsdag

07.15 – 08.00	Yin Yoga	Yoga Terrace	Kristofer
07.15 - 08.00	Powertraining	Receptionen	Louise
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.30 – 11.15	Löpintervaller	Receptionen	Louise
10.30 – 11.15	Box	Fitness Area	Karin
11.30 – 12.15	Aqua	Poolen	Karin
11.30 – 12.15	Buddy Bootcamp	Fitness Area	Louise
14.00	Promenad mot sea cave & Cape Greko	Receptionen	Alla
19.00	Middag	Restaurangen	

Fredag

07.15 – 08.00	Morgonyoga	Yoga Terrace	Kristofer
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.30 – 11.15	HIIT	Fitness Area	Karin
10.30 – 11.15	Les Mills SHAPES	Yoga Terrace	Louise
11.30 – 12.15	Latin Rythm	Fitness Area	Kristofer
11.30 – 12.15	Les Mills BodyBalance	Yoga Terrace	Louise
12.30 - 13.00	Aqua Tabata	Poolen	Louise
15.30 – 16.15	Clrkel	Fitness Area	Karin
15.30 - 16.15	Soma Move	Yoga Terrace	Kristofer
16.30 – 17.30	Finalpass	Fitness Area	Alla
19.00	Avslutning	Yoga Terrace	Alla
19.30	Middag	Restaurangen	

Lördag

07.15 – 08.00	Yin Yoga	Yoga Terrace	Kristofer
07.15 – 08.00	Powerwalk	Receptionen	Louise
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.30 – 11.15	Box	Fitness Area	Karin
10.30 – 11.15	Les Mills Pilates	Yoga Terrace	Louise
11.30 – 12.00	Aqua	Poolen	Karin
16.30 – 17.15	Tabata	Fitness Area	Karin
16.30 - 17.15	Minibandsworkshop	Yoga Terrace	Louise
17.15 – 17.45	Stretch	Fitness Area	Karin
19.00	Middag	Restaurangen	

Söndag

07.15 - 08.00	Les Mills BodyBalance	Yoga Terrace	Louise
08.15 – 09.00	Powerwalk	Receptionen	Karin
10.30 – 11.15	Cirkelträning	Fitness Area	Karin
10.30 – 11.15	Core Connect	Yoga Terrace	Louise
11.30 – 12.00	Aqua Tabata	Poolen	Karin