

Träningsresa Cypern

Oktober 2024

Lördag 19 okt

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 20 okt

07.15 – 08.00	Morgonyoga	Yoga Terrace	Kristofer
08.15 – 08.45	Core	Fitness Area	Kristofer
10.30 – 11.15	Cirkelträning	Fitness Area	Kristofer
15.00 - 15.45	Latin Rhythms ***	Fitness Area	Kristofer
16.00 – 16.45	Mobility	Fitness Area	Kristofer
16.45- 17.15	Yoga Nidra	Fitness Area	Kristofer
19.30	Middag	Restaurangen	

Måndag 21 okt

07.15– 08.00	Yin Yoga	Yoga Terrace	Louise
07.15 - 08.00	Powertraining	Receptionen	Kristofer
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
09.30 - 10.00	Välkomstmöte KPH & GBG	Konferensen	Alla
10.30 – 11.15	TT Mix 1 (KPH)	Fitness Area	Alla
11.15 – 12.00	TT Mix 2 (STHLM & GBG)	Fitness Area	Alla
12.15 – 12.45	Aqua Tabata ***	Poolen	Louise
15.30 - 16.15	Cirkelträning	Fitness Area	Karin
15.30 - 16.15	Les Mills Pilates	Yoga Terrace	Louise
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 22 okt

07.15– 08.00	Morgonyoga	Yoga Terrace	Kristofer
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Les Mills Shapes	Fitness Area	Louise
10.30 – 11.15	Core Connect	Yoga Terrace	Louise
10.30 - 11.15	Dance Interval ***	Fitness Area	Kristofer
11.30 – 12.15	Tabata	Fitness Area	Karin
11.45 – 12.15	Aqua ***	Poolen	Kristofer
14.00	Promenad mot sea cave & Cape Greko	Receptionen	Alla
19.00	Middag	Restaurangen	

Onsdag 23 okt

07.15 – 08.00	Yin Yoga	Yoga Terrace	Louise
07.15 – 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Core	Fitness Area	Kristofer
10.30 – 11.15	Les Mills BodyAttack	Fitness Area	Kristofer
10.30 – 11.15	Les Mills BodyBalance	Yoga Terrace	Louise
11.30 – 12.15	Les Mills Dance ***	Fitness Area	Karin & Kristofer
11.30 – 12.15	Minibandsworkshop	Yoga Terrace	Louise
12.30 - 13.00	Aqua Tabata ***	Poolen	Karin
16.00 - 16.45	Bootcamp	Fitness Area	Karin
16.00 - 16.45	Mobility + Yoga Nidra	Yoga Terrace	Kristofer
18.00 - ca 19.45	Skulpturparken & Sunset Yoga	Receptionen	Alla (Kristofer)
20.00	Middag	Restaurangen	

Torsdag 24 okt

07.15 – 08.00	Morgonyoga	Yoga Terrace	Kristofer
07.15 - 08.00	Powerwalk	Receptionen	Louise
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.30 – 11.15	Löpintervaller	Receptionen	Louise
10.30 – 11.15	Step & Styrka	Fitness Area	Karin
11.30 – 12.15	Aqua ***	Poolen	Karin
11.30 – 12.15	WOD	Fitness Area	Kristofer
14.00	Promenad Nissi beach	Receptionen	Alla
17.30 - 18.30	Vinprovning på hotellet - <i>Tillval</i>		
19.00	Middag	Restaurangen	

Fredag 25 okt

07.15 – 08.00	Yin Yoga	Yoga Terrace	Louise
07.15 – 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Les Mills Shapes	Fitness Area	Louise
10.30 – 11.15	Clrkelträning	Fitness Area	Karin
10.30 – 11.15	Soma Move	Yoga Terrace	Kristofer
11.30 – 12.15	Afro ***	Fitness Area	Kristofer
11.30 – 12.15	Les Mills Pilates	Yoga Terrace	Louise
12.30 - 13.00	Aqua Tabata ***	Poolen	Louise
15.30 – 16.15	Functional Power	Fitness Area	Kristofer
15.30 - 16.15	Les Mills BodyBalance	Yoga Terrace	Louise
16.30 – 17.30	Finalpass	Fitness Area	Alla
19.00	Avslutning	Yoga Terrace	Alla
19.30	Middag	Restaurangen	

Lördag 26 okt

07.15 – 08.00	Morgonyoga	Yoga Terrace	Kristofer
07.15 – 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.30 – 11.15	Latin Rhythms ***	Fitness Area	Karin
10.30 – 11.15	Core Connect	Yoga Terrace	Louise
11.30 – 12.00	Aqua ***	Poolen	Karin
16.30 – 17.15	Tabata	Fitness Area	Louise
16.30 - 17.15	Rörlighet & Stretch	Yoga Terrace	Karin
19.00	Middag	Restaurangen	

Söndag 27 okt

07.15 - 08.00	Yin Yoga	Yoga Terrace	Louise
08.15 - 09.00	Powerwalk	Receptionen	Karin
10.30 - 11.15	Cirkelträning	Fitness Area	Karin
10.30 - 11.15	Core Tabata	Yoga Terrace	Louise
11.30 - 12.00	Aqua Tabata ***	Poolen	Karin