

Träningsresa Cypern

Oktober 2025

Fredag 17 okt

17.00 – 17.45	Tabata	Fitness Area	Andrianna
17.45 – 18.00	Stretch	Fitness Area	Andrianna
19.15 - 19.45	Välkomstmöte Köpenhamn	Konferensen	Alla
19.45	Middag	Restaurangen	

Lördag 18 okt

07.15 – 08.00	Morgonyoga	Yoga Terrace	Jessica
07.15 - 08.00	Powerwalk	Receptionen	Andrianna
08.15 – 08.45	Core	Fitness Area	Andrianna
10.30 – 11.15	Cirkelträning	Fitness Area	Andrianna
15.00 - 15.45	Zumba	Fitness Area	Jessica
16.00 – 16.45	Mobility	Fitness Area	Andrianna
16.45- 17.15	Yoga Nidra	Fitness Area	Jessica
19.30	Middag	Restaurangen	

Söndag 19 okt

07.15– 08.00	Yin Yoga	Yoga Terrace	Andrianna
07.15 - 08.00	Powertraining	Receptionen	Jessica
08.15 – 08.45	Morning Cardio	Fitness Area	Jessica
09.30 - 10.00	Välkomstmöte Stockholm	Konferensen	Alla
10.30 – 11.15	TT Mix	Fitness Area	Alla
11.30 – 12.00	Aqua Tabata ***	Poolen	Jessica
15.30 - 16.15	Cirkelträning	Fitness Area	Andrianna
15.30 - 16.15	Core Connect	Yoga Terrace	Jessica
16.30 - 17.15	Playful Movement	Fitness Area	Andrianna
16.30 - 17.15	Soma Move	Yoga Terrace	Jessica
17.15 - 17.40	Stretch	Fitness Area	Jessica
18.30 - 19.15	Föreläsning	Konferensen	Andrianna
19.15	Middag	Restaurangen	
20.30	Kvällsoverraskning	Konferensen	

Måndag 20 okt

07.15– 08.00	Morgonyoga	Yoga Terrace	Jessica
07.15 – 08.00	Powerwalk	Receptionen	Andrianna
08.15 – 08.45	Bootywork	Fitness Area	Jessica
10.30 – 11.15	Mobility	Yoga Terrace	Andrianna
10.30 - 11.15	Les Mills Bodypump <i>Bokas</i>	Fitness Area	Jessica
11.30 – 12.15	Tabata	Yoga Terrace	Andrianna
11.45 – 12.15	Aqua ***	Poolen	Jessica
14.00	Promenad mot sea cave & Cape Greko	Receptionen	Alla
19.00	Middag	Restaurangen	

Tisdag 21 okt

07.15 – 08.00	Yin Yoga	Yoga Terrace	Andrianna
07.15 - 08.00	Powertraining	Receptionen	Jessica
08.15 – 08.45	Core	Fitness Area	Andrianna
10.30 – 11.15	Funktionell Styrka	Fitness Area	Andrianna
10.30 – 11.15	Les Mills BodyBalance	Yoga Terrace	Jessica
11.30 – 12.15	Step	Fitness Area	Jessica
11.30 – 12.15	Minibandsklass	Yoga Terrace	Andrianna
12.30 - 13.00	Aqua Tabata ***	Poolen	Jessica
16.00 - 16.45	Bootcamp	Fitness Area	Andrianna
16.00 - 16.45	Core Connect+ Yoga Nidra	Yoga Terrace	Jessica
18.00 - ca 19.45	Skulpturparken & Sunset Yoga	Receptionen	Alla (Jessica)
20.00	Middag	Restaurangen	

Onsdag 22 okt

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

Torsdag 23 okt

07.15 – 08.00	Yin Yoga	Yoga Terrace	Andrianna
07.15 – 08.00	Powertraining	Receptionen	Jessica
08.15 – 08.45	Bootywork	Fitness Area	Jessica
10.30 – 11.15	Animal Movement	Fitness Area	Andrianna
10.30 – 11.15	Soma Move	Yoga Terrace	Jessica
11.30 – 12.15	Zumba	Fitness Area	Jessica
11.30 – 12.15	Mobility	Yoga Terrace	Andrianna
12.30 - 13.00	Aqua Tabata ***	Poolen	Jessica
15.30 – 16.15	Les Mills BodyPump	Fitness Area	Jessica
15.30 - 16.15	Rörlighet & Stretch	Yoga Terrace	Andrianna
16.30 – 17.30	Finalpass	Fitness Area	Alla
19.00	Avslutning	Yoga Terrace	Alla
19.30	Middag	Restaurangen	

Fredag 24 okt

07.15 – 08.00	Morgonyoga	Yoga Terrace	Jessica
07.15 – 08.00	Powertraining	Receptionen	Andrianna
08.15 – 08.45	Morning Cardio	Fitness Area	Jessica
10.30 – 11.15	Freepower	Yoga Terrace	Jessica
10.30 – 11.15	Tabata	Fitness Area	Andrianna
11.30 – 12.00	Aqua ***	Poolen	Jessica
16.30 – 17.15	Bootcamp	Fitness Area	Andrianna
16.30 - 17.15	Les Mills BodyBalance	Yoga Terrace	Jessica
19.00	Middag	Restaurangen	

Lördag 25 okt

07.15 - 08.00

Yin Yoga

Yoga Terrace

Andrianna

08.15 – 09.00

Powerwalk

Receptionen

Andrianna

10.30 – 11.15

Cirkelträning

Fitness Area

Andrianna