

## Träningsresa Madeira

November 2026

### Måndag

|               |                   |                  |        |
|---------------|-------------------|------------------|--------|
| 17.00 – 17.30 | Tabata            | Cardiodeck       | Sandra |
| 17.30 – 18.00 | Les Mills Pilates | Cardiodeck       | Sandra |
| 19.00 - 19.45 | Välkomstmöte      | Terassen         | Sandra |
| 19.45         | Middag            | Ocean Restaurant |        |

### Tisdag

|               |                               |                  |         |
|---------------|-------------------------------|------------------|---------|
| 07.30 – 08.15 | Yoga                          | Cardiodeck       | Lotta   |
| 07.30 - 08.10 | Powertraining                 | Receptionen      | Sandra  |
| 08.20 – 08.50 | Bootywork                     | Cardiodeck       | Sandra  |
| 10.15 – 11.00 | Freepower                     | Cardiodeck       | Jessica |
| 10.15 – 11.00 | Löpintervaller                | Receptionen      | Lotta   |
| 11.15 – 12.00 | Discogympa                    | Cardiodeck       | Sandra  |
| 11.15 – 12.00 | Bootcamp                      | Receptionen      | Lotta   |
| 12.30 – 13.00 | Aqua                          | Poolen           | Sandra  |
| 15.00         | Promenad till Camara de lobos | Receptionen      | Alla    |
| 19.00         | Middag                        | Ocean restaurant |         |
| 20.30 – 21.30 | Kvällsoverraskning            | Konferensen      |         |

### Onsdag

|               |           |                  |         |
|---------------|-----------|------------------|---------|
| 07.30 – 08.15 | Yoga      | Cardiodeck       | Jessica |
| 07.30 – 08.10 | Powerwalk | Receptionen      | Lotta   |
| 08.20 – 08.50 | Core      | Cardiodeck       | Jessica |
| 10.15 – 11.00 | Zumba     | Cardiodeck       | Jessica |
| 11.15 – 12.00 | Tabata    | Indoor studio    | Sandra  |
| 11.15 – 12.00 | Yin Yoga  | Cardio deck      | Lotta   |
| 12.30 – 13.00 | Aqua      | Poolen           | Jessica |
| 15.30 – 16.15 | WOD       | Indoor Studio    | Sandra  |
| 15.30 - 16.15 | Soma Move | Cardiodeck       | Lotta   |
| 16.45 – 17.45 | TT Mix    | Indoor studio    | Sandra  |
| 19.30         | Middag    | Ocean Restaurant |         |

### Torsdag

|               |  |             |         |
|---------------|--|-------------|---------|
| 07.30 – 08.10 | Powerwalk  | Receptionen | Lotta   |
| 07.30 – 08.15 | Yoga   | Cardiodeck  | Jessica |
| 08.20 – 08.50 | Morning cardio   | Cardiodeck  | Jessica |
| 10.15 – 11.00 | Les Mills Pilates  | Cardiodeck  | Sandra  |
| 11.30 – 12.00 | Aqua Tabata  | Poolen      | Sandra  |
| 14.30         | Vinprovning – Tillval mot kostnad. I samband med vinprovningen finns möjlighet till sightseeing i Funchal. Vi tillhandahåller information om sevärdheter för Dig som önskar strosa runt och kika på egen hand. |             |         |
| 19.00         | Middag   |             |         |

### Fredag

|               |                |             |             |
|---------------|----------------|-------------|-------------|
| 07.30 - 08.15 | Yoga           | Yogadeck    | Liz/ Lenita |
| 07.30 - 08.10 | Powertraining  | Receptionen | Sandra      |
| 08.20 - 08.50 | Morning Cardio | Yogadeck    | Sandra      |

|               |                           |                  |             |
|---------------|---------------------------|------------------|-------------|
| 10.15 – 11.00 | Freepower                 | Yogadeck         | Sandra      |
| 11.10 – 12.00 | Hatha yoga                | Cardiodeck       | Liz/ Lenita |
| 15.00 – 15.45 | Löpskolning               | Receptionen      | Sandra      |
| 16.00 – 16.45 | Endurance                 | Receptionen      | Sandra      |
| 17.00- 17.30  | Stretch                   | Receptionen      | Sandra      |
| 19.00         | Middag                    | Ocean restaurant |             |
| 20.30         | Föreläsning               | Konferensen      | Sandra      |
| <b>Lördag</b> |                           |                  |             |
| 07.30– 08.15  | Yoga                      | Cardiodeck       | Liz/ Lenita |
| 07.30 - 08.10 | Powerwalk                 | Receptionen      | Sandra      |
| 08.20 – 08.50 | Bootywork                 | Cardiodeck       | Sandra      |
| 10.15 – 11.00 | Styrkeworkshop            | Indoor studio    | Sandra      |
| 11.10 - 12.00 | Holistic Movement + Relax | Cardiodeck       | Liz/Lenita  |
| 11.15 – 12.00 | Les Mills Body Pump       | Indoor studio    | Sandra      |
| 15.30         | Promenad vid levadorna    | Receptionen      | Alla        |
| 19.30         | Middag                    | Ocean restaurant |             |
| <b>Söndag</b> |                           |                  |             |
| 07.30– 08.15  | Yoga                      | Cardiodeck       | Liz/ Lenita |
| 07.30 – 08.10 | Powertraining             | Receptionen      | Sandra      |
| 08.20 – 08.50 | Core                      | Cardiodeck       | Sandra      |
| 10.15 – 11.00 | HIIT                      | Receptionen      | Sandra      |
| 11.10 – 12.00 | Pilates                   | Cardiodeck       | Liz/ Lenita |
| 12.30 – 13.00 | Aqua                      | Poolen           | Sandra      |
| 15.00 – 16.15 | Yin Yoga + pranayama      | Cardiodeck       | Liz/Lenita  |
| 18.15         | Avslutning                | Konferensen      | Sandra      |
| 19.00         | Middag                    | Ocean Restaurant |             |
| <b>Måndag</b> |                           |                  |             |
| 07.30 – 08.15 | Yoga                      | Cardiodeck       | Liz/Lenita  |
| 07.30 – 08.10 | Powerwalk                 | Receptionen      | Sandra      |
| 08.20 – 08.50 | Morning Cardio            | Cardiodeck       | Sandra      |