

Träningsresa Cypern

Oktober 2027

Lördag 9 okt

07.30 – 08.15	Promenad	Receptionen	Annelie
08.20 – 08.50	Mobility	Yoga Terrace	Annelie
10.00 – 10.45	Tabata	Fitness Area	Annelie
11.15 – 11.45	Aqua ***	Poolen	Annelie
15.30 - 16.45	TT Mix	Fitness Area	Annelie & Lotta
17.00 – 17.30	Yin Yoga	Yoga Terrace	Lotta
18.30	Välkomstmöte	Konferensen	Annelie & Lotta
19.15	Middag	Restaurangen	

Söndag 10 okt

07.30 – 08.15	Yoga	Yoga Terrace	Lotta
07.30 – 08.15	Powerwalk	Receptionen	Annelie
09.30 – 10.00	Core	Fitness Area	Lotta
10.15 - 11.00	Styrkeworkshop	Fitness Area	Annelie
11.15 – 12.00	Cirkelträning	Fitness Area	Annelie
11.15 – 12.00	Dansaerobic	Yoga Terrace	Lotta
12.15 - 12.45	Aqua ***	Poolen	Annelie
14.30	Promenad mot sea cave & Cape Greko	Receptionen	Annelie & Lotta
19.00	Middag	Restaurangen	
20.15	Kvällsoverraskning	Konferensen	Annelie & Lotta

Måndag 11 okt

07.30 – 08.15	Yoga	Yoga Terrace	Lotta
07.30 – 08.15	Powertraining	Receptionen	Annelie
09.30 – 10.00	Upper Body	Fitness Area	Annelie
10.15 – 11.00	Löpskolning	Receptionen	Lotta
11.15 – 12.00	Box	Fitness Area	Annelie
12.15 – 12.45	Aqua ***	Poolen	Annelie
15.00 - 15.45	HIIT	Fitness Area	Annelie
15.00 - 15.45	Les Mills Bodybalance	Fitness Area	Lotta
16.00 – 16.45	Yin Yoga	Yoga Terrace	Lotta
18.15 – 19.00	Föreläsning	Konferensen	Lotta
19.00	Middag	Restaurangen	

Tisdag 12 okt

07.30 – 08.15	Yoga	Yoga Terrace	Lotta
07.30 – 08.15	Powerwalk	Receptionen	Annelie
09.30 – 10.00	Bootywork	Fitness Area	Annelie
10.15 – 11.00	WOD	Fitness Area	Annelie
11.15 – 12.00	Soma Move	Fitness Area	Lotta
12.15 – 12.45	Aqua ***	Poolen	Annelie
14.30	Promenad Nissi beach	Receptionen	Alla
19.00	Middag	Restaurangen	

Onsdag 13 okt

07.30 – 08.15	Yoga	Yoga Terrace	Lotta
07.30 – 08.15	Powertraining	Receptionen	Annelie
09.30 – 10.00	Core	Fitness Area	Lotta
10.15 – 11.00	Challenge	Fitness Area	Annelie
11.15 – 12.00	AfroPowerDance	Yoga Terrace	Sandra
12.15 – 12.45	Aqua ***	Poolen	Annelie
15.30 - 16.15	Hybrid	Fitness Area	Annelie
17.30 – 18.45	Sunset Yoga i skulpturparken	Receptionen	Lotta
19.30	Middag	Restaurangen	

Torsdag 14 okt

07.30 – 08.15	Yoga	Yoga Terrace	Lotta
07.30 – 08.15	Powertraining	Receptionen	Annelie
09.30 – 10.00	Upper Body	Fitness Area	Annelie
10.15 – 11.00	Step	Fitness Area	Lotta
11.15 – 12.00	Pilates	Yoga Terrace	Lotta
12.15 – 12.45	Aqua ***	Poolen	Annelie
15.00 – 15.45	Tabata	Fitness Area	Annelie
16.00 – 16.45	Minibandsklass	Fitness Area	Annelie
16.50 – 17.30	Yin Yoga	Yoga Terrace	Lotta
18.30	Avslutning	Konferensen	Annelie & Lotta
19.00	Middag	Restaurangen	

Fredag 15 okt

07.30 – 08.15	Yoga	Yoga Terrace	Lotta
07.30 – 08.15	Powerwalk	Receptionen	Annelie
09.30 – 10.00	Bootywork	Fitness Area	Annelie
10.15 – 11.00	Cirkelträning	Fitness Area	Annelie
11.15 – 12.15	Finalpass	Fitness Area	Lotta
15.00 – 15.45	Dance	Fitness Area	Lotta
16.00 – 16.45	Yin Yoga	Yoga Terrace	Lotta
19.00	Middag	Restaurangen	

*** På denna klass välkomnas alla gäster på hotellet!