

## Taudien La Pared November 2018

TIME:	Sunday 18 nov	Monday 19 nov	Tuesday 20 nov	Wednesday 21 nov	Thursday 22 nov	Friday 23 nov	Saturday 24 nov	Sunday 25 nov	Monday 26 nov
07.15-08.00		Yoga	Yinyoga	Yoga	Yin Yoga	Yoga	Yinyoga	Yoga	Yinyoga
07.30-08.00		Jogging	Jogging med dopp	Morning cardio	Jogging med dopp	Morning cardio	Jogging med dopp	Morning Cardio	Core
08.15-08.45		MRL	Core	BMR	MRL	Core	BMR	MRL	
10.00-10.45		Zumba		Pilates	Spinning	Spinning	Spinning	Dance	
10.00-10.45				Spinning	Soma move	Sh'bam-Les Mills	Body Balance-Les Mills		
10.00-11.15			TT Mix-mix av veckans pass						
11.00-11.30					Aqua Tabata		Aqua Tabata		
11.00-11.30					Body Combat-Les Mills	Aqua			
11.00-11.45		Funktionell cirkel		Body Balance-Les Mills		Tabata	Box	Funktionell cirkel	
11.00-11.45				Lopskolning					
11.30-12.00			Aqua Tabata						
11.30-12.15			Styrkeworkshop						
12.00-12.30		Aqua		Aqua	Stretch & Relax				
15.00					Okenpromenad 8,8 km				
15.30-16.15		Body Combat-Les Mills	Styrkeworkshop	Body Pump-Les Mills		Fyspass	Body Pump-Les Mills	Fyspass	
15.30-16.15			Sh'bam-Les Mills	Zumba		Pilates	Kontorsyoga		
16.30-17.00	CX Works-Les Mills	Tabata				CX Works-Les Mills			
16.30-17.15						Step			
16.30-17.30			Yoga workshop	Step & Stretch			Avslutningspass och Stretch & Relax	Soma Move och avslappning	
16.30-17.30			Endurance & stretch	Box & Stretch					
17.00-17.30	Stretch & Relax	Stretch & Relax							
17.15-17.45						Stretch & Relax			
18.00					Mindfulness				
18.30	Welcome meeting	Welcome meeting	Dinner	Lecture-Motivation & stress		Dinner	Suprise	Dinner	
19.15	Dinner	Dinner		Dinner			Dinner		
20.00			Suprise			Suprise			

Programmet är preliminärt, ändringar kan förekomma.

Pool
Tennis court
Multicourt
Theater
"The rock"
Reception
Terrace