

# ToppHälsa area reservation 4-19 nov 2018

Freddie ledig Christer + Mimma + Lena J + Josefin lediga

	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	
	03-nov	04-nov	05-nov	06-nov	07-nov	08-nov	09-nov	10-nov	11-nov	12-nov	13-nov	14-nov	15-nov	16-nov	17-nov	18-nov	
07.15-08.00		Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Power Walk Plaza Rambla	Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Power Walk Plaza Rambla	Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	Running / Power Walk Plaza Rambla	07.15-08.00
08.00-08.15		Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	Sun Salutation Playitas class - PLAZA RAMBLA	08.00-08.15
08.15-09.00		Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	Yoga, MC1	08.15-09.00
08.00-09.00				LONG BIKE TOUR (08.00-14.00)			OlympicPool 3 lanes   preferably side lanes (08.00-09.00)	LONG BIKE TOUR (08.00-14.00)			LONG BIKE TOUR (08.00-14.00)			OlympicPool 3 lanes   preferably side lanes (08.00-09.00)	LONG BIKE TOUR (08.00-14.00)		08.15-09.15
09.00-10.30						PLAZA RAMBLA - Lighthouse run, (09.00)							PLAZA RAMBLA - Lighthouse run, (09.00)				09.00-10.30
10.30-12.30			OUTDOOR CYCLING (road bike)		OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)			OUTDOOR CYCLING (road bike)		OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)		10.00-12.00
10.00-11.00			OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	TOPPLOPPET 5 K race together with ordinary Playitas Race PLAZA RAMBLA	OlympicPool 3 lanes   preferably side lanes		OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	TOPPLOPPET 5 K race together with ordinary Playitas Race PLAZA RAMBLA	OlympicPool 3 lanes   preferably side lanes	10.00-11.00
10.00-11.00	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	10.00-11.00
10.00-11.00		Functional Training, TC6	Box, TC6	Body Fit Legs, TC6	Box, TC6	WOD, TC6	Upper body strengt, TC6	WOD, TC6	WOD, TC6	WOD, TC6	WOD, TC6	Whole Body Session, TC6	Moveoo, TC6	Circuit, TC6	WOD-CAMP TC6		10.00-11.00
10.00-11.00			Bootcamp, Plaza Rambla	Functional Training, Plaza Rambla	Control your body, Plaza Rambla	Body Fit Legs, Plaza Rambla	Core, Plaza Rambla	Body Fit Legs, Plaza Rambla	Balance, Plaza Rambla	Moveoo, Plaza Rambla	Bootcamp, Plaza Rambla	Moveoo, Plaza Rambla	Mobility, Plaza Rambla	Core, Plaza Rambla	Moveoo, Plaza Rambla		10.00-11.00
11.00-12.00	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	11.00-12.00
11.00-12.00			Control your body, TC6	HIIT, TC6	Whole body session, TC6	Functional training, TC6	Functional training, TC6	Circuit, TC6	Upper body strenght, TC6	Afro, TC6	Afro, TC6	Lift Technique, TC6	Core, TC6	Core Stability, TC6	Lift Technique,TC6		11.00-12.00
11.00-12.00		Dance, Plaza Rambla	Schlager Dance, Plaza Rambla	Afro, Plaza Rambla	Dance, Plaza Rambla	Oldie but goodies, Plaza Rambla	Balance, Plaza Rambla			Poster training, Plaza Rambla	Dance, Plaza Rambla	Schlager, Plaza Rambla	Oldie but goodies, Plaza Rambla	Dance, Plaza Rambla	Schlager, Plaza Rambla		11.00-12.00
14.00-15.00			OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes		OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes		OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes		OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes	OlympicPool 3 lanes   preferably side lanes		14.00-15.00
15.00-16.00		Controll your body, MC1	Bollywood, MC1	Oldies but goodies, MC1	Schlager Dance, MC1	Bollywood, MC1	Body Fit Upper body, MC1	HIIT, MC1	Mobility, MC1	Bollywood, MC1	Dance, MC1	Fight, MC1	Bollywood, MC1	Showdance, MC1	Fight, MC1		15.00-16.00
15.00-16.00			Body Fit Legs TC6	Playful Movements,TC6	Whole body session, TC6	Playful Movements,TC6	Whole body session, TC6	Mobility, TC6	HIIT, TC6	Core, TC6	Upper body strengt, TC6	HIIT, TC6	WOD, TC6	Whole Body Session, TC6	Coremobility, TC6		15.00-16.00
15.30-18.00			OUTDOOR CYCLING (road bike)		OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)		OUTDOOR CYCLING (road bike)		OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)	OUTDOOR CYCLING (road bike)		15.30-18.00
16.00-17.00	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	16.00-17.00
16.00-17.00		Core, TC6	Circul,TC6	WOD, TC6	Functional training, TC6	HIIT, TC6	WOD, TC6	Playful Movements,TC6	Whole body session, TC6	Playful Movements,TC6	Moveoo, TC6	Playful Movements,TC6	Showdance, TC6	Playful Movements, TC6	Moveoo, TC6		16.00-17.00
16.00-17.00			Oldies But Goodies, Plaza Rambla	Core, Plaza Rambla	H.I.T, Plaza Rambla	Mobility, Plaza Rambla	Control your body, Plaza Rambla	Bootcamp, Plaza Rambla	Schlager dance, Plaza Rambla	Oldies but goodies Plaza Rambla	Bootcamp, Plaza Rambla	Moveoo, Plaza Rambla	Moveoo, Plaza Rambla	Moveoo, Plaza Rambla			16.00-17.00
16.00-17.00	16.15 Sight Jogging, Plaza Rambla	Sight Jogging, Plaza Rambla (16.10-16.50)	Running technique, Plaza Rambla	Running technique, Plaza Rambla	Running intervals, Plaza Rambla			16.15 Sight Jogging, Plaza Rambla	Sight Jogging, Plaza Rambla (16.10-16.50)	Running technique, Plaza Rambla	Running technique, Plaza Rambla	Running intervals, Plaza Rambla					16.00-17.00
17.00-18.00	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	MC1 OPEN CLASS	17.00-18.00
17.00-18.00	Functional training, TC6	Body Fit Upper body, TC6	Functional training, TC6	Controll your body, TC6	Body Fit Legs TC6	Control your body, TC6	Showdance, TC6	Box, TC6	Controll your body, TC6	Moveoo, TC6	Functional training, TC6	Box, TC6	Jumps, TC6	Train like an Athlete, TC6	Jumps, TC6		17.00-18.00
17.00-18.00		Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla	Yoga, Plaza Rambla		17.00-18.00
17.00-18.00					OlympicPool 3 lanes   preferably side lanes							OlympicPool 3 lanes   preferably side lanes					17.00-18.00
18.30-20.00			Lecture	Lecture	Lecture	Lecture				Lecture	Lecture	Lecture	Lecture				
19.00-19.30	Welcome meeting Palapa Bar	Welcome meeting Palapa Bar					Lecture	Welcome meeting Palapa Bar	Welcome meeting Palapa Bar					Lecture			19.00-19.30
19.30	Dinner HOTEL	Dinner HOTEL					An unforgettable ToppHälsa Night. Dine outside Hotel/Palapa	Dinner HOTEL	Dinner HOTEL					An unforgettable ToppHälsa Night. Dine outside Hotel/Palapa	Dinner HOTEL		19.00-20.30
20.00			Dinner HOTEL	Dinner HOTEL	Dinner HOTEL	Dinner HOTEL				Dinner HOTEL	Dinner HOTEL	Dinner HOTEL	Dinner HOTEL				
20.30-21.30		Lecture							Lecture								20.30-21.30

## AREA RESERVATION COLOURS

PLAZA RAMBLA
OUTDOOR CYCLING Bike centre
OlympicPool
MC 1
MC1 OPEN PLAYITAS CLASS
TC6
PLAZA RAMBLA -meeting area - no area noeded
Sala Lobos - Sala La Palmas

Vi reserverar oss för ändringar och justeringar i programmet. Håll dig uppdaterad på ToppHälsa Service-anslag för eventuella ändringar.