

Hotell name: Aqua Vista

Excursion day

Date:	Wednesday 13/3	Thursday 14/3	Friday 15/3	Saturday 16/3	Sunday 17/3	Monday 18/3	Tuesday 19/3	Wednesday 20/3	Thursday 21/3
07.30-08.00			Morning run/Powerwalk	Morning run/Powerwalk	Morning run/Powerwalk	Morning run/Powerwalk	Morning run/Powerwalk	Morning run/Powerwalk	Morning run/Powerwalk
07.00-08.00		Yin yoga, SARA (60 min), Aerobic Area/pink area	Yin yoga, Ari (60 min), Aerobic Area/pink area	Groovy Pilates, Ari (60 min), Aerobic Area/pink area	Yin yoga, Ari (60 min), Aerobic Area/pink area	Groovy Pilates, Ari (60 min), Aerobic Area/pink area	Yin yoga, Ari (60 min), Aerobic Area/pink area	Groovy Pilates, Ari (60 min), Aerobic Area/pink area	Yin yoga, Ari (60 min), Aerobic Area/pink area
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00-10.00				Bike tour, Playitas coach, Bike Center (09.00-15.00)			Bike tour, Playitas coach, Bike Center (09.00-15.00)		
10.00-11.00		Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl
10.00-11.00			Latino Pop, Sara, Aerobic Area/pink area	Body Fit Upper body, D-flex, Aerobic Area/pink area	Body Fit Lower body, D-flex, Aerobic Area/pink area	Body Fit Upper body, D-flex, Aerobic Area/pink area	Latino Pop, Sara, Aerobic Area/pink area	Body Fit Upper body, D-flex, Aerobic Area/pink area	Body Fit Lower body, D-flex, Aerobic Area/pink area
11.00-12.00			Body Fit Lower body, D-flex, Pink Area (OPEN)	Circle training, Sara, Theatre	Core, Sara, Theatre		Body Fit Lower Body, David, Theatre	Running intervals, Matilda, Sprint track	
11.00-12.00		Whole Body Session, Sara, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Circle training, Sara, Outdoor gym/crossfit	
12.00-12.30			Aqua Class	Aqua Class	Aqua Class	Aqua Class	Aqua Class	Aqua Class	
13.00			Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.00-16.00		Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	
15.00-16.00			Cardio Fusion, Ari, Aerobic Area/pink area	Dance Aerobics, Ari, Aerobic Area/pink area	Dance Aerobics, Ari, Aerobic Area/pink area	Body Fit Lower body, D-flex, Aerobic Area/pink area	Hard CORE, Ari (30 min), Aerobic Area/pink area	Dance Aerobics, Ari, Aerobic Area/pink area	
16.00-17.00			Body Fit Upper body, D-flex, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Fighting, Madde, Outdoor gym/crossfit	Body Fit Upper body, D-flex, Outdoor gym/crossfit	Cardio Fusion, Ari (60 min), Aerobic Area/pink area	
16.00-17.00	Ca 16 Ankomst Köpenhamn-gänget	Ca 15-17.30 Ankomst Stockholm/Göteborg	Running technique, Matilda, Sprint track	Running technique, Matilda, Sprint track	Body Fit Upper body, D-flex, Aerobic Area/pink area (OPEN)		Fighting, Madde, Theatre		
17.00-18.00			Bootcamp, Sara, Outdoor gym/crossfit	Body Fit Lower body, D-flex, Outdoor gym/crossfit	Whole Body Session, Sara, Outdoor gym/crossfit	Cardio Fusion, Ari (60 min), Outdoor gym/crossfit	Bootcamp, Sara, Outdoor gym/crossfit	Box, D-flex, Outdoor gym/crossfit	
17.30-18.30		Yoga, Sara, Aerobic Area/pink area	Mobility, Ari (30 min), Aerobic Area/pink area	Yoga, Sara, Aerobic Area/pink area	Mobility, Ari (30 min), Aerobic Area/pink area	Yoga, Sara, Aerobic Area/pink area	Mobility, Ari (30 min), Aerobic Area/pink area	Yoga, Sara, Aerobic Area/pink area	
19.00	Welcome Meeting 1 (Roof top)	Welcome Meeting 2 (Roof top)	Dinner	Dinner APOLLO RESTAURANT	Dinner APOLLO RESTAURANT	Dinner	Farewell party, roof top (19.00)	Dinner APOLLO RESTAURANT	
19.30	Dinner (19.30) APOLLO RESTAURANT	Dinner (19.30)					Dinner (19.30)		
20.30			Lecture, Madeleine Vall Beijner (Roof Top)	Ari?	Lecture, David Seisay (Roof Top)				

Yoga roof top	Outdoor gym/crossfit
Spinning room	Aerobic Area/pink area
Multicourt	Pool
Padel	Conference room/roof
Receptionen	Sprint Track
Bike Center	Theatre