

Topphälsa Rhodos, Levante Beach 7 October 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7 oct	8 oct	9 oct	10 oct	11 oct	12 oct	13 oct	14 oct
07.15-08.00		07.15-08.00 Morning jog/Powerwalk	07.15-08.00 Morning jog/Powerwalk	07.15-08.00 Morning jog/Powerwalk	07.15-08.00 Morning jog/Powerwalk	07.15-08.00 Morning jog/Powerwalk	07.15-08.00 Morning jog/Powerwalk	07.15-08.00 Morning jog/Powerwalk
08.00-08.45		07.30-08.20 Yoga, Lena	07.30-08.20 Yoga, Lena	07.30-08.20 Yoga, Lena	07.30-08.20 Yoga, Lena	07.30-08.20 Yoga, Lena	07.30-08.20 Yoga, Lena	07.30-08.20 Yoga, Lena
08.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00-10.00		09.00-10.00 Swimming 25 m pool (3 lanes)	09.00-10.00 Swimming 25 m pool (3 lanes)	09.00-10.00 Swimming 25 m pool (3 lanes)	09.00-10.00 Swimming 25 m pool (3 lanes)	09.00-10.00 Swimming 25 m pool (3 lanes)	09.00-10.00 Swimming 25 m pool (3 lanes)	09.00-10.00 Swimming 25 m pool (3 lanes)
10.00-10.50		10.00-10.50 Moveoo, Jose	10.00-10.50 Moveoo, Jose	10.00-10.50 Moveoo, Jose	10.00-10.50 Moveoo, Jose	10.00-10.50 Moveoo, Jose	10.00-10.50 Moveoo, Jose	10.00-10.50
10.30-12.30		10.30-12.30 Cycling (Easy)	10.30-12.30 Cycling (Easy)	10.30-12.30 Cycling (Easy)	10.30-12.30 Cycling (Easy)	10.30-12.30 Cycling (Easy)	10.30-12.30 Cycling (Easy)	10.30-12.30 Cycling (Easy)
11.00-11.50		11.00-11.50 WOD, Elsa	11.00-11.50 Bootcamp, Elsa	11.00-11.50 WOD, Elsa	11.00-11.50 Bootcamp, Elsa	11.00-11.50 WOD, Elsa	11.00-11.50 Bootcamp, Elsa	11.00-11.50 Moveoo, Jose
12.30-14.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14.00-17.00		14.00-17.00 Tennis (3 courts)	14.00-17.00 Tennis (3 courts)	14.00-17.00 Tennis (3 courts)	14.00-17.00 Tennis (3 courts)	14.00-17.00 Tennis (3 courts)	14.00-17.00 Tennis competition (3 courts)	14.00-17.00 Tennis (3 courts)
15.00-16.00		15.00-16.00 Swimming 25 m pool (3 lanes)	15.00-16.00 Swimming 25 m pool (3 lanes)	15.00-16.00 Swimming 25 m pool (3 lanes)	15.00-16.00 Swimming 25 m pool (3 lanes)	15.00-16.00 Swimming 25 m pool (3 lanes)	15.00-16.00 Swimming 25 m pool (3 lanes)	15.00-16.00 Swimming 25 m pool (3 lanes)
15.00-17.00		15.00-17.00 Cycling	15.00-17.00 Cycling	15.00-17.00 Cycling	15.00-17.00 Cycling	15.00-17.00 Cycling	15.00-17.00 Cycling	
15.00-15.50		15.00-15.30 Core, Elsa		15.00-15.30 Core, Elsa		15.00-15.30 Core, Elsa	15.00-15.30 Core, Elsa	
15.30-16.30			15.30-16.30 Bollywood, Lena		15.30-16.30 Bollywood, Lena			15.30-16.30 Yoga, Lena
16.00-16.50	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose	16.00-16.50 Moveoo, Jose
16.00-16.50	16.00.16.50 Dans, Kristjan	16.00.16.50 Cirkelfys, Elsa	16.00.16.50 HIT, Elsa	16.00.16.50 Cirkelfys, Elsa	16.00.16.50 HIT, Elsa	16.00.16.50 Cirkelfys, Elsa	16.00.16.50 HIT, Elsa	
17.00-17.50	17.00-17.50 Running Matilda	17.00-17.50 Running technique, Matilda	17.00-17.50 Running technique	17.00-17.50 Running intervals	17.00-17.50 Running intervals, Matilda	17.00-17.50 Running intervals, Matilda		
17.00-17.50	17.00-17.50 Yoga, Lena	17.00-17.50 Yoga, Lena	17.00-17.50 Yoga, Elsa	17.00-17.50 Yoga, Lena	17.00-17.50 Yoga, Elsa	17.00-17.50 Yoga, Lena	17.00-17.50 Yoga, Lena	
18.45	WELCOME MEETING - Levante terrace						19.00 Lecture (Mythos)	
19.30-20.30	19.30 Dinner	19.30 Dinner	19.30 Dinner	19.30 Dinner	19.30 Dinner	19.30 Dinner	19.30 Dinner	
20.45.21.45		20.45 Lecture, Christer (Mythos)	20.45 Lecture, Pamela (Mythos)	20.45 Lecture, Niklas (Mythos)	20.45 Lecture, Lena (Mythos)	20.45 Lecture, Jose (Mythos)		

Bookable Areas
Code and colour
Beach front area platform
Lawn, Beach front
Tennis
Cycle center
Reception Levante
Pool
Levante, football court