



Name of group
TOPPHÅLSA

Hotell name: Sheraton Salobre

Date:	Saturday 6/4	Sunday 7/4	Monday 8/4	Tuesday 9/4	Wednesday 10/4	Thursday 11/4	Friday 12/4	Saturday 13/4
07.00-08.00		Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)
07.15-08.00		Morning jogg, meeting floor 11	Morning jogg, meeting floor 11	Excursion, Kent & Sara	Morning jogg, meeting floor 11	Excursion, Kent & Matilda	Morning jogg, meeting floor 11	Morning jogg, meeting floor 11
07.00-10.30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09.00-10.00		Mobility, Sara, Crystalarium (outside)			Moveoo, Jose, Lawn		Mobility, Sara, Crystalarium (outside)	Moveoo, Jose, Lawn
10.00-12.00		Walking, Kent & Matilda, meeting floor 11	Walking, Kent & Sara, meeting floor 11		Walking, Kent & Matilda, meeting floor 11		Walking, Kent, meeting floor 11	Cha cha, Kristjan, Crystalarium (outside)
10.00-11.00		Energy Jive, Kristjan, Crystalarium (outside)	Moveoo, Jose, Lawn	Cha cha, Kristjan, Crystalarium (outside)	Latin Salsa, Kristjan, Crystalarium (outside)	Circuit training, Sara, Crystalarium (outside)	Moveoo, Jose, Lawn	
11.00-12.00		Moveoo, Jose, Lawn	Latin Salsa, Kristjan, Crystalarium (outside)	Moveoo, Jose, Lawn	Aqua Class, Sara, Pool on 7th floor	Moveoo, Jose, Lawn	Latin Salsa, Kristjan, Crystalarium (outside)	
12.00-13.00								
12.30-15.00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14.00-15.00		Cha cha, Kristjan, Crystalarium (outside)	Moveoo, Jose, Lawn					
15.00-16.00		Bootcamp, Sara, Reception	Energy Jive, Kristjan, Crystalarium (outside)	Cha cha, Kristjan, Crystalarium (outside)	Moveoo, Jose, Lawn	Bootcamp, Sara, Reception	Moveoo, Jose, Lawn	
16.00-17.00	Sightjogg/PW (16.30-17.15)	Moveoo, Jose, Lawn	Core, Sara, Crystalarium (outside)	Moveoo, Jose, Lawn	Energy Jive, Kristjan, Crystalarium (outside)	Moveoo, Jose, Lawn	Energy Jive, Kristjan, Crystalarium (outside)	
16.00-17.00								
17.00-18.00		Running technique, Kent & Matilda, Reception	Running technique, Kent & Matilda, Reception		Running intervals, Kent & Matilda, Reception	Cha cha, Kristjan, Crystalarium (outside)	Running intervals, Kent, Reception	
17.00-18.00		Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Sara, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	Yoga, Lena, Crystalarium (outside)	
18.00	Welcome meeting 18.30, Crystalarium (inside)							
19.00	Dinner	Lecture Kent Vikström 18.45-19.45, Crystalarium (inside)	Lecture Jose Nunez 18.45-19.45, Crystalarium (inside)		Lecture Lena Järpsten 18.45-19.45, Crystalarium (inside)		Farewell party 18.45, Crystalarium (inside)	
20.00		Dinner	Dinner	Dinner	Dinner		Dinner	

Program is subject to changes.

Crystalarium (outside)	Crystalarium (inside)
Lawn	Reception
Level 11	