

## THANYAPURA PROGRAM mar 2019

4 mar MONDAY		
Time	Activity	Location
ARRIVAL DAY		
20:00	Mingel och welcome meeting	Divine Terrace
20:30	Dinner	
5 mar TUESDAY		
Time	Activity	Location
06.45 – 07.15	Sightjogging/powerwalk - Sandra & Pam/Sara	Reception
07:15 - 08:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00 - 10:00	Swimming with Josefin Lillhage (1&2)	25 M Pool
09:00 - 10:00	Balance with Freddie Nyholm	Fitness 1
10:15 - 11:15	Thai boxing feat. Rickard Nordstrand	Muay Thai
10:15 - 11:15	Circuit training with Sara	Fitness 1
11:30-12:00	Water Aerobics with Freddie Nyholm	Pool
15:00 - 16:00	Dance "Oldies but goodies" with Freddie Nyholm	Fitness 1
16:00 - 17:00	Thai boxing feat. Rickard Nordstrand	Muay Thai
16:00 - 17:00	Swimming with Josefin Lillhage (3&4)	25 M Pool
17:00-18:00	Core with Sara Eriksson	Lawn between pool and hotel
17:00-18:00	Yin yoga with Michaela Liebhardt	Fitness 1
19.00	Dinner	
6 mar WEDNESDAY		
Time	Activity	Location
07:15 - 08:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00 - 10:00	Swimming with Josefin Lillhage (1&2)	25 M pool
09:00-11:00	Djungle Trekk (walking 4 km) - (with Thanyapura coach + Pam/Sandra)	Reception
10:15 - 11:15	Thai -phys, intervals with R. Nordstrand	Fitness 1
11:30-12:00	Water Aerobics with Freddie Nyholm	Pool
15:00 - 16:00	Dance Eurovision party with Freddie Nyholm	Fitness 1
15:00-16:00	Mobility with Sara Eriksson	Bird cage
16:00 - 17:00	Thai boxing feat. Rickard Nordstrand	Muay Thai
16:00 - 17:00	Swimming with Josefin Lillhage (3&4)	50 M Pool
17:00-18:00	Running technique, Sandra Hiort	500 m track
17:00-18:00	Pilates with Michaela Liebhardt	Fitness 1
18.45-19.45	Lecture by Christer Skog	The View
20.00	Dinner	
7 mar THURSDAY		
Time	Activity	Location
06.45 – 07.15	Morning jogg /powerwalk Sandra & Pam	Reception
07:15 - 08:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00-10:00	Obstacle run with Freddie Nyholm	Obstacle course
09:30 - 10:30	Swimming with Josefin Lillhage (1&2)	25M Pool
10:15 - 11:15	Thai boxing feat. Rickard Nordstrand	Muay Thai
10:15 - 11:15	Latino Pop with Sara Eriksson	Fitness 1
11:30-12:00	Water Aerobics with Freddie Nyholm	Pool
15:00-16:00	Afro Dance with Freddie Nyholm	Fitness 1
15:00-16:00	Bootcamp with Sara Eriksson	Bird cage
16:30 - 17:30	Swimming with Josefin Lillhage (3&4)	25M Pool
16:00 - 17:00	Thai boxing feat. Rickard Nordstrand	Muay Thai
17:00 - 18:00	Yin Yoga with Michaela Liebhardt	Lawn between pool and hotel
17:00-18:00	Running technique, Sandra Hiort	500 m track
18.45-19.45	Lecture with Pamela Andersson	The View
20.00	Dinner	
8 mar FRIDAY		
Time	Activity	Location
07:30-09:00	Sea Swim/Open Water with Josefin Lillhage	Reception
06.45 – 07.15	Morning jogg /powerwalk Sandra & Pam	Reception
07:15 - 08:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00 - 10:00	Bootcamp Challenge with Freddie Nyholm	Outdoor
10:15 - 11:15	Thai -phys, intervals with R. Nordstrand	Fitness 1
10:15 - 11:15	HIIT with Sara Eriksson	Bird cage
11:30-12:00	Water Aerobics with Freddie Nyholm	Pool
15:00 - 16:00	Core with Sara Eriksson	Fitness 1
15:00 - 16:00	Thai boxing feat. Rickard Nordstrand	Muay Thai
16:00 - 17:00	Eurovision Dance with Freddie	Fitness 1
17:00-18:00	Swimming with Josefin Lillhage (open)	25 M Pool
17:00-18:00	Running intervals with Sandra	500M Track
17:00 - 18:00	Yin Yoga with Michaela Liebhardt	Lawn between pool and hotel
18.45-19.45	Lecture with Rickard Nordstrand	The View
20.00	Dinner	
9 mar SATURDAY		
Time	Activity	Location
06.45 – 07.15	Morning jogg /powerwalk Sandra & Pam	Reception
07:15 - 08:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00 - 10:00	Swimming with Josefin Lillhage (open)	50M Pool
08:30 - 10:00	Show dance with Freddie Nyholm	Fitness 1
10:00 - 11:00	Functional training with Sara Eriksson	Bird cage
10:00 - 11:00	Thai boxing feat. Rickard Nordstrand	Muay Thai
11:30-12:00	Water Aerobics with Freddie Nyholm	Hotel Pool

## Topphaelsa Group

15.00-ca 20.30	<b>Excursion Big Buddha + Night Market</b>	Reception
16:00-17:00	Latino Pop with Sara Eriksson	Fitness 1
17:00-18:00	Pilates with Michaela Liebhardt	Fitness 1
<b>10 mar SUNDAY</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
07:15 - 08:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00-11.00	Djungle Trail run (with Thanyapura running coach + Sandra)	Reception
09:00 - 10:00	Swimming with Josefin Lillhage	50M Pool
10:15 - 11:15	Thai boxing feat. Rickard Nordstrand	Muay Thai
10:15 - 11:15	Mobility with Sara Eriksson	Fitness 1
11:30-12:00	Water Aerobics with Freddie Nyholm	Pool
15:00 - 16:00	Show Dance with Freddie Nyholm	Fitness 1
16:00-17:00	Thai boxing feat. Rickard Nordstrand	Muay Thai
16:00 - 17:00	Circuit training with Sara Eriksson	Fitness 1
17:00 - 18:00	Obstacle run with Freddie	Obstacle Course
17.00-18.00	Pilates with Michaela Liebhardt	Fitness 1
19:30	Farewell party	The View
20.00	Dinner	
<b>11 mar MONDAY</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
06.45 – 07.15	Morning jogg /powerwalk Sandra & Pam	Reception
07:15 - 8:00	Yoga with Michaela Liebhardt	Fitness 1
07:30-10:00	Outdoor cycling with Christer Skog	Bike center
09:00 - 09:30	Core with Michaela Liebhardt	Fitness 1
09:00 - 10:00	Swimming with Josefin Lillhage	25M Pool
10:15 - 11:15	Thai boxing feat. Rickard Nordstrand	Muay Thai
10:15 - 11:15	Latino Pop with Sara Eriksson	Fitness 1
11:30-12:00	Water Aerobics with Freddie Nyholm	Pool

*Vi reserverar oss för eventuella ändringar i programmet. Fler träningspass kommer adderas.*







