

Tara & Amelia Rhodos, Levante Beach 14 October 2018

	Sunday 14 oct	Monday 15 oct	Tuesday 16 oct	Wednesday 17 oct	Thursday 18 oct	Friday 19 oct	Saturday 20 oct	Sunday 21 oct
07.15-08.00		07.15-08.00 Powerwalk Tara & Amelia Redaktionen		07.15-08.00 Powerwalk Tara & Amelia Redaktionen		07.15-08.00 Powerwalk Tara & Amelia Redaktionen		07.15-08.00 Powerwalk Tara & Amelia Redaktionen
08.15-09.00		08.15-09.00 Yoga, Annette	08.15-09.00 Yoga, Annette	08.15-09.00 Morgon yoga, Fie	08.15-09.00 Yoga, Annette	08.15-09.00 Yoga, Annette	08.15-09.00 Yoga, Annette	08.15-09.00 Morgon yoga, Fie
08.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.00-10.50		10.00-10.50 BootCamp, Fie	10.00-10.50 Core, Fie		10.00-10.50 BootCamp, Fie	10.00-10.50 Core, Fie	10.00-10.50 BootCamp, Fie	10.00-10.50 Core, Fie
10.00-10.50		10.00-10.50 Löpning, Terese	10.00-10.50 Löpning, Terese	10.00-10.50 Aerobics, Terese	10.00-10.50 Löpning, Terese	10.00-10.50 Löpning, Terese		
11.00-11.50		11.00-11.50 Olga	11.00-11.50 Olga	11.00-11.50 Olga	11.00-11.50 Olga	11.00-11.50 Olga	11.00-11.50 Olga	
11.00-11.50		11.00-11.50 Tabata, Annika	11.00-11.50 Circuit, Fie	11.00-11.50 Tabata, Annika	11.00-11.50 H.I.T, Fie	11.00-11.50 Tabata, Annika	11.00-11.50 Circuit, Fie	
12.30-14.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.00-15.45		15.00-15.45 Aqua, Fie		15.00-15.45 Aqua, Fie		15.00-15.45 Aqua, Fie		
15.00-15.50		16.00-16.50 H.I.T, Fie	15.00-15.50 Aerobics, Terese	16.00-16.50 Circuit, Fie	16.00-16.50 Aerobics, Terese	16.00-16.50 Circuit, Fie	15.00-15.50 H.I.T, Fie	
16.00-16.50		16.00.16.50 Löpning, Terese	16.00.16.50 Annette	16.00.16.50 Löpning, Terese	16.00.16.50 Annette	16.00.16.50 Löpning, Terese	16.00.16.50 Annette	
18.30-19.15		18.30-19.15 Lecture, Olga (Mythos)	18.30-19.15 Lecture, Terese (Mythos)			18.30-19.15 Lecture, Annette "Kom i livsbalans" (Mythos)	18.30-19.15 Avslutningskväll! (Mythos)	
19.30-19.45	19.00 WELCOME MEETING - Levante terrace with Cava	19.30-19.45 Cava Mingle	19.30-19.45 Cava Mingle	19.30-19.45 Cava Mingle	19.30-19.45 Cava Mingle	19.30-19.45 Cava Mingle	19.30-19.45 Cava Mingle	
19.45-20.30	19.45 Diner	19.45 Diner	19.45 Diner	19.45 Diner	19.45 Diner	19.45 Diner	19.45 Diner	

Bookable Areas
Code and colour
Beach front area platform
Lawn, Beach front
Cycle center
Reception Levante
Pool
Football court (multi court)