

IFORM Schedule

	Day and date	Day and date	Day and date	Day and date	Day and date	Day and date	Day and date	Day and date	Day and date	
Time	Sat 2021-04-24	Sun 2021-04-25	Mon 2021-04-26	Tue 2021-04-27	Wed 2021-04-28	Thu 2021-04-29	Fri 2021-04-30	Sat 2021-05-01		INSTRUCTOR
ARR DEP					Imbros Gorge Excursion Pick-up Hotel: 08:35 Hike: 10:30-14:30 Return Hotel: 17:30 Hotel: 18:30					KRISTIN MARTIN SARA SUSANNE MICHAELA SIRI
07:30-08:00		Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk		
07:30-08:15		Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga		
08:00-10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
09:00-11:00		WELCOME (45 min)	Mountainbike* Beginners (90 min)	Mountainbike* Beginners (90 min)		Mountainbike* Intermediate level	Mountainbike* Intermediate level			
09:00-10:00			Bodybalance	Pilates						
10:00-11:00		Tabata	Beach Bootcamp	Strength Workshop* (90 min)	Boaty (30 min) Core (30 min)	Circle Training	Boaty (30 min) Core (30 min)	Circle Training		
10:00-11:00		Boaty (30 min)				Bodybalance				
10:30-12:00			Mountainbike* Beginners	Mountainbike* Beginners						
11:00-12:00		Dance	Dance		Powerstep* (45 min)		Dance	Pilates		
11:00-12:00		Running technique* (90 min)			Energy Yoga	Core (30 min)	Tabata			
11:30-12:00			Core (30 min)	HIT (30 min)		HIT (30 min)				
12:30-14:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
13:30-14:00		Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter			
14:00-16:00			Hike (2 h)							
14:30-15:30	Guided tour (30 min) CPH & STLHM	TRX* (30 min) TRX* (30 min)	Powerstep* (45 min)	TRX* (30 min) TRX* (30 min)	Pump*	TRX* (30 min) TRX* (30 min)	Circle Training			
14:30-15:30		Interval Training (30 min)	Functional Workout	Fun Beach Intervals	Beach Bootcamp	Interval Running	Running technique* (90 min)			
14:30-15:30						Powerstep* (45 min)				
15:40-16:40	Fun Beach Intervals	Volleyball	Volleyball	Volleyball		Volleyball	Volleyball			
15:40-16:40		Pump*	TRX* (30 min) TRX* (30 min)	Beach Bootcamp	Bodybalance	Functional Workout				
16:00-16:30	Guided tour (30 min) OSLO									
16:45-17:30	Cool Down Yoga	Cool Down Yoga	Yoga for Neck, back, shoulders 16:00	Yoga for runners and walkers 16:00	Cool Down Yoga	Stretch & Relax (45 min)	Cleansing Twists Yoga 16:00			
18:30-19:30		Lecture: Anti-inflammatory diet and lifestyle		Lecture: How to get an exercise routine		Lecture: How to use yoga in everyday life	Lecture: How to get healthy eating habits			
19:30-21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:30-21:30										
*Limited amount of participants possible. Please make a reservation on the reservation sheet!										
AREA CODE	AREAS AVAILABLE	RESTRICTIONS	LOCATION	SURFACE	NOTE	NR on MAP				
REC	RECEPTION		HOTEL		Meetup point	2				
LAWN	TERRACE		HOTEL		Mingle					
RES	RESTAURANT		HOTEL		Breakfast, lunch and dinner	7				
ALM	ALMYRA TERRACE		BEACH AREA	Bricks	Classes	9				
CH	CHURCH		OLIVE PLANTAGE	Hardcourt	Running	33				
MC	MULTICOURT		SPORTS AREA	Plastic grass	Classes	34				
BEA	BEACH		BEACH AREA	Sand	Volleyball and beach activities	35				
CON	CONFERENCE		HOTEL		Welcome meeting and lectures	43				