

Madeira Mars 2022

Måndag 28/3:

15.30 – 16.00 Funktionell styrka	Cardiodeck	Marlene
16.00 – 16.30 Box	Cardiodeck	Adam
16.30 – 17.00 Mobility	Cardiodeck	Marlene
18.15 - 19.00 Välkomstmöte Köpenhamn	Terassen	
19.00 Middag		

Tisdag 29/3:

07.15 – 08.05 Yin Yoga	Yogadeck	Marlene
07.15 – 08.00 Morgonjogg/ powerwalk	Receptionen	Adam
08.15 – 08.45 Core	Yogadeck	Marlene
10.00 – 10.45 Funktionell cirkel	Cardiodeck	Adam
11.15 – 11.45 Aqua	Poolen	Marlene
15.30 – 16.15 Tabata	Cardiodeck	Adam
16.30 – 17.15 Freepower	Cardiodeck	Marlene
17.15 – 17.45 Stretch	Cardiodeck	Marlene
18.45 Välkomstmöte Stockholm	Terassen	
19.15 Middag		

Onsdag 30/3:

07.15– 08.05 Yoga	Yogadeck	Jennifer
07.30 – 08.00 Morning cardio	Inomhus	Marlene
08.15 – 08.45 BMR	Yogadeck	Adam
10.00 – 11.30 TT Mix	Cardiodeck	Alla
11.45 – 12.15 Aqua Tabata	Poolen	Marlene
15.00 – 18.00 Promenad vid levadorna	Receptionen	Alla
19.00 Middag		
20.30 Kvällsoverraskning		

Torsdag 31/3:

07.15– 08.05 Yin Yoga	Yogadeck	Jennifer
07.15 – 08.00 Powertraining	Receptionen	Marlene
08.15 – 08.45 Bootywork	Yogadeck	Marlene
10.00 – 10.45 Styrkeworkshop	Inomhus	Adam
10.00 – 10.45 Pilates	Cardiodeck	Jennifer
11.00 – 11.45 Löpskolning	Receptionen	Jennifer
11.00 – 11.45 HIIT	Cardiodeck	Adam
12.15 – 12.45 Aqua Attack	Poolen	Marlene
15.30 – 16.15 Dance	Cardiodeck	Jennifer
15.30 – 16.15 Endurance	Receptionen	Marlene

16.30 – 17.30 Mobility	Cardiodeck	Marlene
18.30 Mingel i baren		
19.00 Middag		

Fredag 1/4:

07.15 – 08.05 Yoga	Yogadeck	Jennifer
07.15 – 08.00 Powerwalk	Receptionen	Adam
08.15 – 08.45 Core	Yogadeck	Jennifer
10.00 – 10.45 Box	Cardiodeck	Adam
10.00- 10.45 Body Pump – Les Mills	Inomhus	Marlene
11.00- 11.45 Löpning – intervaller	Receptionen	Adam
11.00 – 11.45 Zumba	Cardiodeck	Jennifer
11.50 – 12.10 Stretch	Cardiodeck	Jennifer
13.00 Promenad till Camara de lobos	Receptionen	Alla
19.00 Middag		

Lördag 2/4:

06.30 – 07.10 Tanitavägning	Receptionen	Adam
07.15 – 08.05 Yin Yoga	Yogadeck	Marlene
07.30 – 08.00 Morningcardio	Inomhus	Jennifer
08.15 – 08.45 BMR	Yogadeck	Adam
10.00 – 10.45 Genomgång Tanitavägning	Terassen	Adam
11.00 – 11.45 Strong by zumba	Cardiodeck	Marlene
11.00 – 11.45 WOD	Inomhus	Adam
12.15 – 12.45 Aqua Fys	Poolen	Marlene
15.30 – 16.15 Soma Move	Yogadeck	Jennifer
15.30 – 16.15 Funktionell styrka	Cardiodeck	Marlene
16.20 – 17.00 Prehab - Workshop	Cardiodeck	Marlene
17.00 – 17.30 – Stretch	Cardiodeck	Marlene
18.30 Mingel i baren		
19.00 Middag		

Söndag 3/4:

07.15 – 08.05 Yoga	Yogadeck	Jennifer
07.15 – 08.00 Powertraining	Receptionen	Adam
08.15 – 08.45 Bootywork	Yogadeck	Marlene
10.00 – 10.45 Strength	Inomhus	Adam
10.00 – 10.45 Freepower	Cardiodck	Marlene
11.00 – 12.00 Finalpass	Cardiodeck	Alla
15.00 Vinprovning (Tillval)	Receptionen	
19.00 Avslutning	Terassen	
19.30 Middag		

Måndag 4/4:

07.15 – 08.05 Yoga	Yogadeck	Jennifer
07.15 – 08.00 Powerwalk	Receptionen	Adam
08.15 – 08.45 BMR	Yogadeck	Adam
10.00 – 10.45 Pilates	Yogadeck	Jennifer

11.15 – 12.00 Funktionell cirkel	Inomhus	Jennifer
15.30 – 16.15 Dance	Cardiodeck	Jennifer
16.30 – 17.15 Tabata	Cardiodeck	Jennifer
17.15 – 17.45 Stretch	Cardiodeck	Jennifer
19.00 Middag		

Tisdag 5/4:

07.15 – 08.05 Yoga	Yogadeck	Jennifer
08.15 – 08.45 Core	Yogadeck	Jennifer