

Porto Plomari

Date:	Sunday 23/5	Monday 24/5	Tuesday 25/5	Wednesday 26/5	Thursday 27/5	Friday 28/5	Saturday 29/5	Sunday 30/5
	Ankomst Köpenhamn & Stockholm ca 21.00							
07.30-08.00		Morning Power Walk	Morning Power Walk	Morning Power Walk	Morning Power Walk	Morning Power Walk	Morning Power Walk	Morning Power Walk
08.00-09.00		Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist
07.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.00-10.55		Dans, Kristjan Lootus	Dans, Kristjan Lootus	Dans, Kristjan Lootus	Dans, Kristjan Lootus	Dans, Kristjan Lootus	Dans, Kristjan Lootus	Dans, Kristjan Lootus
11.00-11.55		Funktionell träning, Mia Rodhborn	Core, Mia Rodhborn	Funktionell träning, Mia Rodhborn	Fyspass, Mia Rodhborn	Core, Mia Rodhborn	Funktionell träning, Mia Rodhborn	Core, Mia Rodhborn
12.00-13.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.00-15.55		Soma Move, Mia Rodhborn	Dans, Kristjan Lootus	Dans, Kristjan Lootus	Soma Move, Mia Rodhborn	Dans, Kristjan Lootus	Soma Move, Mia Rodhborn	Dans, Kristjan Lootus
16.00-16.55		Dans, Kristjan Lootus	Fyspass, Mia Rodhborn	Medicinsk yoga, Mia Rodhborn	Dans, Kristjan Lootus	Fyspass, Mia Rodhborn	Dans, Kristjan Lootus	Fyspass, Mia Rodhborn
17.00-18.00		Yoga, Annika Kvist	Yoga, Annika Kvist		Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist	Yoga, Annika Kvist
19.00-20.00				Föreläsning, Annika Kvist				
19.30-20.00		Cava mingel	Cava mingel		Cava mingel	Cava mingel	Cava mingel	Cava mingel
20.00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
								Hemresa Köpenhamn & Stockholm ca 22.00

Program is subject to changes.

Fitnessplattform
Conference room
Padel 1
Reception