

PROGRAM HÅLSOLIV LA PARED -

TID	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday							
Date	19-nov	20-nov	21-nov	22-nov	23-nov	24-nov	25-nov	26-nov	27-nov							
07:30		MORNING YOGA	MORNING RUN/WALK	MORNING YOGA	MORNING RUN/WALK	MORNING YOGA	MORNING RUN/WALK	MORNING YOGA	MORNING RUN/WALK	MORNING YOGA	MORNING RUN/WALK	MORNING YOGA	MORNING RUN/WALK	MORNING YOGA	MORNING RUN/WALK	
08:00		BREAKFAST 8-10		BREAKFAST 8-10		BREAKFAST 8-10		BREAKFAST 8-10		BREAKFAST 8-10		BREAKFAST 8-10		BREAKFAST 8-10		
09:00		FUNCTIONAL TRAINING	YOGA ERIKA	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	YOGA ERIKA	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	YOGA ERIKA	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
10:00		WORK OUT	WORK OUT KITTY	WORK OUT	WORK OUT SIMON	WORK OUT	WORK OUT SOFIE	WORK OUT	WORK OUT KITTY	WORK OUT	WORK OUT SOFIE	WORK OUT	YOGA ERIKA	WORK OUT	WORK OUT KITTY	
		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		
11:00		WORK OUT SOFIE	WORK OUT SIMON	WORK OUT KITTY	POWER WALK	WORK OUT SIMON	POWER WALK	WORK OUT SIMON	YOGA ERIKA	WORK OUT SIMON	WORK OUT	WORK OUT SOFIE	POWER WALK	WORK OUT SIMON	RUNNING	
12:00		FREE TIME		FREE TIME		FREE TIME		FREE TIME		FREE TIME		FREE TIME		FREE TIME		
13:00		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		
14:00		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		CRAWL BEGINNERS		
15:00		AQUA FITNESS	WORKSHOP KRISTINA	AQUA FITNESS	WORK OUT SOFIE	AQUA FITNESS	WORK OUT KITTY	AQUA FITNESS	WORK OUT KITTY	AQUA FITNESS	WORK OUT KITTY	AQUA FITNESS	WORK OUT	AQUA FITNESS	WORK OUT KITTY	
		RUNNING		RUNNING		RUNNING		RUNNING		RUNNING		RUNNING		RUNNING		
16:00	Arrival	YOGA	H.I.T	WORK OUT	H.I.T	WORK OUT	H.I.T	POWER WALK	H.I.T	WORK OUT	H.I.T	YOGA	H.I.T	POWER WALK	H.I.T	
16:30		POWER YOGA	ERIKAS	YOGA	KITTY	YOGA	SIMON	POWER WALK	H.I.T	YOGA	SIMON	POWER YOGA	ERIKAS	YOGA	WALK	
17:00	YOGA	WALK	STRETCH & RELAX		YOGA		YOGA		YOGA		YOGA		YOGA		YOGA	
18:00		MINGLE		MINGLE		MINGLE		MINGLE		MINGLE		MINGLE		MINGLE		
18:30	WELCOME															
19:00	MEETING & DINNER	DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		
20:30				LECTURE KRISTINA						LECTURE KRISTINA		SHOW WITH SIMON AND KITTY				

MULTICOURT 150 PERSONS	POOL	TENNISCOURT	OUTSIDE RECEPTION	POOL AREA YOGA (20)	
OUTDOORCYCLING OR SURF (PREREGISTRATION NEEDED)			BEACH VOLLEY	YOGA ROOF TOP (20)	