

Träningsresa Kreta April 2022

Lördag 23 april

16.15 - 17.00	Les Mills Sh´bam	Beach	Karin
16.15 - 17.00	Funktionell cirkel	MOG	Frida
17.10 - 17.35	Stretch	Beach	Karin
18.30 - 19.15	Välkomstmöte	Bar	Alla
19.15	Middag	Restaurang	Alla

Söndag 24 april

07.15 - 08.05	Les Mills BodyBalance	Beach	Louise
07.30 - 08.00	Morning cardio	MOG	Karin
08.15 - 08.45	Core	Beach	Frida
09.00 - 09.30	Välkomstmöte Gbg	Restaurangen	Louise
10.00 - 11.15	TT Mix	MOG	Alla
11.30 - 12.00	Les Mills Barre	Beach	Louise & Karin
11.30 - 12.15	Les Mills Bodypump	MOG	Frida
15.00 - 15.45	Box	MOG	Karin
15.00 - 15.45	Upper Body Mobility	Beach	Frida
16.00 - 16.45	Styrkeworkshop (Bokas)	MOG	Frida
16.00 - 16.50	Core Flow	Beach	Louise
17.00 - 17.30	Stretch	Beach	Louise
18.30 - 19.00	Mingel	Baren	
19.00	Middag	Restaurangen	
20.15	Kvällsoverraskning	Konferensen	Alla

Måndag 25 april

07.15- 08.05	Yin Yoga	Beach	Louise
07.15 - 08.00	Powertraining	Receptionen	Frida
08.15 - 08.45	Bootywork	Beach	Karin
08.20 - 08.50	Aqua 140 cm	Spa Pool	Louise
10.00 - 10.45	Freepower	Beach	Frida
10.00 - 10.45	Funktionell Cirkel	MOG	Karin
11.00 - 11.45	Löpning - intervaller	Receptionen	Louise & Karin
11.00 - 11.45	Triggerpoint	Beach	Frida
12.00 - 12.30	Aqua Tabata 110 cm	Pool	Karin
12.00 - 12.45	TRX (Bokas)	MOG	Frida
12.45 - 13.30	Funktionell styrka	MOG	Frida
15.30	Promenad 10.7 km	Receptionen	Alla
17.30	After workout	Baren	
19.00	Middag	Restaurangen	

Tisdag 26 april

07.15– 08.05	Les Mills BodyBalance	Beach	Louise
07.15– 08.00	Powerwalk	Receptionen	Frida
08.15 – 08.45	BMR	Beach	Louise
10.15 - 10.45	ABSolution	Beach	Frida
10.00 - 10.45	Les Mills Bodystep (Bokas)	MOG	Karin & Louise
11.00 – 11.45	Funktionell med miniband	Beach	Louise
11.00 - 11.45	Crosstraining	MOG	Frida
12.00 – 12.30	Aqua Tabata 110 cm	Pool	Karin
15.00- 15.30	Les Mills Sh´bam	Beach	Karin
15.00 – 15.30	Tabata	MOG	Frida
15.45 - 16.40	Core Flow	Beach	Louise
16.40 - 17.00	Stretch	Beach	Louise
18.15 – 19.00	Föreläsning	Konferensen	Karin
19.00 - Middag		Restaurangen	

Onsdag 27 april

06.40 – 07.10	Tanitavägning (Bokas)	Receptionen	Karin
07.15 – 08.05	Yin Yoga	Beach	Louise
07.15 – 08.00	Powertraining	Receptionen	Frida
08.15 – 08.45	Core	Beach	Frida
08.20 - 08.50	Aqua Tabata 140 cm	SPA Pool	Louise
10.00 - 10.45	TRX (Bokas)	MOG	Frida
10.00 - 10.45	Les Mills BodyCombat	Beach	Karin
11.00 - 11.45	Step Bas (Bokas)	MOG	Karin
11.00 - 11.30	Lower Body Mobility	Beach	Frida
12.00 - 12.30	Aqua 110 cm	Pool	Louise
12.45 - 13.15	Stretch	MOG	Frida
15.00	Cykeltur upp i bergen (Bokas)	Receptionen	

Torsdag 28 april

06.40 - 07.10	Tanitavägning (Bokas)	Receptionen	Karin
07.15 – 08.05	Les Mills BodyBalance	Beach	Louise
07.30 – 08.00	Morningcardio	MOG	Karin
08.15 – 08.45	BMR	Beach	Louise
10.00 - 10.45	Les Mills Barre	Beach	Karin & Louise
10.00 - 10.45	Crosstraining	MOG	Frida
11.00 – 11.30	Aqua 110 cm	Pool	Louise
11.00 – 11.45	Bootcamp / Hinderbana	Receptionen	Karin
12.00 – 12.30	Genomgång Tanita	MOG	Louise
15.15 – 15.45	ABSolution	Beach	Frida
15.00 – 15.45	Les Mills Bodystep (Bokas)	MOG	Karin & Louise
16.00 - 17.00	Core Connect	Beach	Karin
16.00 – 16.45	Les Mills Bodypump	MOG	Frida
17.00- 17.30	Stretch	Beach	Karin
19.00	Middag	Restaurangen	Alla
20.15	Kvällsoverraskning	Baren	

Fredag 29 april

07.15 – 08.05	Yin Yoga	Beach	Louise
07.15– 08.00	Powerwalk	Receptionen	Frida
08.15 – 08.45	Bootywork	Beach	Karin
08.20 – 08.50	Aqua Tabata 140 cm	SPA pool	Louise
10.00 - 10.45	WOD	MOG	Frida
10.00 - 10.45	Les Mills Sh'bam	Beach	Karin
11.00 - 11.30	Step Bas	MOG	Karin
11.00 - 11.30	Trigger Point	Beach	Frida
12.00- 13.00	Finalpass	MOG	Alla
15.00- 15.45	Box	MOG	Karin
15.00- 15.45	Freepower	Beach	Frida
16.30	Vinprovning – tillval (Bokas)	Receptionen	
18.30	Avslutning	Konferensen	Alla
19.15	Middag	Restaurangen	Alla

Lördag 30 april

07.00 – 07.30	Moringcardio	MOG	Karin
07.00 – 07.45	Yin Yoga	Beach	Louise
08.00 – 08.30	Core	Beach	Frida

Mindre ändringar kan ske.