

Träningsresa Porto Myrina

September 2022

Lördag:

16.15 - 17.15	Les Mills Sh´bam	Beach	Karin
16.15 - 17.15	Funktionell cirkel	Box	Frida
18.30 - 19.15	Välkomstmöte	Bar	Alla
19.15	Middag	Restaurang	Alla

Söndag:

07.15 - 08.05	Yin Yoga	Beach	Louise
07.30 - 08.00	Morning cardio	Box	Karin
08.15 - 08.45	Core	Beach	Karin
10.00 - 11.15	TT Mix	Beach	Alla
11.30 - 12.00	Aqua Tabata	Pool	Louise
15.00 - 15.45	Les Mills BodyCombat	Box	Karin
15.00 - 15.45	Freepower	Beach	Frida
16.00 - 16.45	Step	Box	Karin
16.00 - 16.45	Upper Body Mobility	Beach	Frida
17.00 - 17.30	Stretch	Beach	Frida
18.30 - 19.00	Mingel	Baren	
19.00	Middag	Restaurangen	
20.15	Kvällsoverraskning	Konferensen	

Måndag:

07.15 - 08.05	Les Mills BodyBalance	Beach	Louise
07.15 - 08.00	Powertraining	Receptionen	Frida
08.15 - 08.45	Full Body Strength	Beach	Louise
10.15 - 10.45	Les Mills Barre	Beach	Louise & Karin
10.15 - 10.45	ABSolution	Box	Frida
11.00 - 11.45	Löpintervaller	Receptionen	Karin
11.00 - 11.45	WOD	Box	Frida
12.00 - 12.30	Aqua	Pool	Louise
12.45 - 13.15	Stretch	Beach	Frida
15.30	Långgromenad	Receptionen	Alla
17.30	After workout	Baren	
19.00	Middag	Restaurangen	

Tisdag:

07.15– 08.05	Yin Yoga	Beach	Louise
07.15– 08.00	Powerwalk	Receptionen	Frida
08.15 – 08.45	Bootywork	Beach	Frida
10.00 - 10.45	Spinning	Spinn room	Karin
10.00 - 10.45	Crosstraining	Box	Frida
11.00 – 11.45	Core Connect	Beach	Louise
11.00 - 11.45	Funktionell styrka	Box	Frida
12.00 – 12.30	Aqua Tabata	Pool	Karin
15.00- 15.45	Box	Box	Karin
15.00 – 15.45	Lower Body Mobility	Beach	Frida
16.00 - 17.15	Stretch	Beach	Frida
18.00	Föreläsning	Konferensen	Frida
19.00	Middag	Restaurangen	

Onsdag:

07.15 – 08.05	Les Mills BodyBalance	Beach	Louise
07.30 – 08.00	Morningcardio	Box	Karin
08.15 – 08.45	Core	Beach	Karin
10.00 - 10.45	Tabata	Box	Frida
10.00 - 10.45	Les Mills Sh´bam	Beach	Karin
11.00 - 11.45	Les Mills Bodystep	Box	Louise
11.00 - 11.45	Endurance	Receptionen	Karin
12.00 - 12.30	Stretch	Beach	Karin
12.00 - 12.30	Aqua	Pool	Louise
15.00	Cykeltur (Bokas)	Receptionen	

Torsdag:

07.15 – 08.05	Yin Yoga	Beach	Louise
07.15 – 08.00	Powertraining	Receptionen	Frida
08.15 – 08.45	Full Body Strength	Beach	Louise
10.00 - 10.45	Les Mills BodyCombat	Box	Karin
10.00 - 10.45	Freepower	Beach	Frida
11.00 – 11.30	Funktionell styrka	Box	Frida
11.00 – 11.45	Core Connect	Beach	Louise
12.00 – 12.30	Aqua Tabata	Pool	Karin
15.30 - 16.15	Spinning	Spinn room	Karin
15.30 - 16.15	Funktionell cirkel	Box	Frida
16.30 - 17.00	Les Mills Barre	Beach	Louise & Karin
16.30 - 17.15	ABSolution	Box	Frida
17.30- 18.00	Stretch	Beach	Louise
19.00	Middag	Restaurangen	Alla
20.15	Kvällsovrraskning	Baren	Alla

Fredag:

07.15 – 08.05	Les Mills BodyBalance	Beach	Louise
07.15– 08.00	Powerwalk	Receptionen	Frida
08.15 – 08.45	Bootywork	Beach	Frida
10.00 - 10.45	Box	Box	Karin
10.00 - 10.45	Core Tabata	Beach	Frida
11.00 - 11.45	HIIT	Box	Karin
11.00 - 11.45	Upper Body Mobility	Beach	Frida
12.00- 13.00	Finalpass	Box	Alla
16.30	Vinprovning – tillval (Bokas)	Receptionen	
18.30	Avslutning	Konferensen	Alla
19.15	Middag	Restaurangen	Alla

Lördag:

07.00 – 07.30	Moringcardio	Box	Karin
07.00 – 07.45	Yin Yoga	Beach	Louise
07.45 – 08.15	Core	Beach	Karin

Mindre ändringar kan ske