

## Träningsresa Cypern

Oktober 2024

### Lördag

17.00 – 18.00	Tabata + Stretch	Fitness Area	Louise
19.15 - 19.45	Välkomstmöte STHLM	Konferensen	Louise
19.45	Middag	Restaurangen	

### Söndag

07.15 – 08.00	Yin Yoga	Yoga Terrace	Louise
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.15 – 11.00	Cirkelträning	Fitness Area	Louise
15.00 - 15.45	Les Mills SHAPES	Fitness Area	Louise
16.00 – 16.45	Core Connect	Fitness Area	Louise
16.45- 17.15	Stretch	Fitness Area	Karin
19.00	Välkomstmöte KPH	Konferensen	Alla
19.30	Middag	Restaurangen	
20.30	Kvällsoverraskning	Konferensen	

### Måndag

07.15– 08.00	Les Mills BodyBalance	Yoga Terrace	Louise
07.15 - 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Core	Fitness Area	Karin
10.15 – 11.45	TT Mix	Fitness Area	Alla
12.15 – 12.45	Aqua Tabata	Poolen	Louise
15.30 - 16.15	HIIT	Fitness Area	Karin
16.30 - 17.15	Les Mills Dance	Fitness Area	Karin
17.15 -17.30	Stretch	Fitness Area	Louise
18.30 - 19.15	Föreläsning	Konferensen	Karin
19.15	Middag	Restaurangen	

### Tisdag

07.15– 08.00	Yin Yoga	Yoga Terrace	Louise
07.15 – 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.15 – 11.00	Minibandsworkshop	Yoga Terrace	Louise
10.15 - 11.00	Zumba	Fitness Area	Karin
11.15 – 12.00	HIIT	Fitness Area	Karin
11.15 – 11.45	Aqua	Poolen	Louise
14.00	Promenad Nissi beach och nya marinan	Receptionen	Alla
19.00	Middag	Restaurangen	

### Onsdag

07.15 – 08.00	Les Mills BodyBalance	Yoga Terrace	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.15 – 11.00	Styrkeworkshop	Fitness Area	Karin
10.15 - 11.00	Les Mills SHAPES	Yoga Terrace	Louise
11.15 – 12.00	Les Mills BodyCombat	Fitness Area	Karin
12.15 - 12.45	Aqua Tabata	Poolen	Louise
16.00 - 16.45	Cirkelträning	Fitness Area	Karin
16.00 - 16.45	Core Connect	Yoga Terrace	Louise
18.00 - ca 19.45	Skulpturparken &	Receptionen	Alla

20.00	Sunset Yoga Middag	Restaurangen	
<b>Torsdag</b>			
07.15 – 08.00	Yin Yoga	Yoga Terrace	Louise
07.15 - 08.00	Powertraining	Receptionen	Karin
08.15 – 08.45	Core	Fitness Area	Karin
10.15 – 11.00	Löpintervaller	Receptionen	Louise
10.15 – 11.00	Box	Fitness Area	Karin
11.15 – 11.45	Aqua	Poolen	Karin
11.15 - 12.00	Buddy Bootcamp	Fitness Area	Louise
14.00	Promenad mot sea cave & Cape Greko	Receptionen	Alla
19.00	Middag	Restaurangen	
<b>Fredag</b>			
07.15 – 08.00	Les Mills BodyBalance	Yoga Terrace	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Morning Cardio	Fitness Area	Karin
10.15 - 11.00	HIIT	Fitness Area	Karin
11.15 – 12.00	Les Mills Dance	Fitness Area	Karin
12.15 - 12.45	Aqua Tabata	Poolen	Louise
15.30 – 16.15	Clrkel	Fitness Area	Louise
16.30 – 17.15	Finalpass	Fitness Area	Alla
18.45	Avslutning	Yoga Taeracce	
19.30	Middag	Restaurangen	
<b>Lördag</b>			
07.15 – 08.00	Yin Yoga	Yoga Terrace	Louise
07.15 – 08.00	Powerwalk	Receptionen	Karin
08.15 – 08.45	Full Body Strength	Fitness Area	Louise
10.15 – 11.00	Funktionell Styrka	Fitness Area	Karin
11.15 – 11.45	Aqua	Poolen	Karin
16.30 – 17.15	Tabata	Fitness Area	Karin
17.15 – 17.45	Stretch	Fitness Area	Karin
19.00	Middag	Restaurangen	
<b>Söndag</b>			
07.15 – 08.00	Powerwalk	Receptionen	Karin