

	SUNDAY 04 December	MONDAY 05 December	TUESDAY 06 December	WEDNESDAY 07 December	THURSDAY 08 December	FRIDAY 09 December	SATURDAY 10 December	SUNDAY 11 December	MONDAY 12 December
08.00 - 08.30 Beach			Qi Gong Henrik		Qi Gong Henrik		Qi Gong Henrik		
08.00 - 08.45 Multi Court 1		Morning Yoga Sava	Pilates Rachel	Morning Yoga Lowe	Pilates Rachel	Morning Yoga Lowe	Pilates Sava	Morning Yoga Lowe	Morning Yoga (Tennis Court 6) Lowe
09.30 - 10.55 Seminar Palapa bar		Grundläggande träningslära Henrik (in swedish)	Träna funktionellt? Henrik & Gyula (in swedish)	Kortkurs om Kost Stina & Henrik (in swedish)	Grundläggande träningslära Stina (in swedish)	Planera mera Stina & Henrik (in swedish)	Stretch & förebyggande träning Gyula	Träna funktionellt? Henrik (in swedish)	Grundläggande träningslära Henrik (in swedish)
09.00 - 09.55 Multi Court 1	Reverse Step (Advanced) Sava	Step & Shout (Intermediate) Mathias	Double Step (Advanced) Sava	Step Sistas (Intermediate) Sava, Jo & Moris	Steptacular (Advanced) Mathias	Intermediate Step Jo	Step 2 Step (Intermediate) Mathias	Jazz Step (Advanced) Sava	
09.00 - 09.55 Multi Court 2			Afro Dance Workout Sara	Bollywood Fitness Sara	Core Training on the Ball Henrik	Box & Kick Mauricio	Afro Dance Workout Sara		
10.05 - 11.00 Multi Court 1	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles	Kara-T-Robics* Charles
10.05 - 11.00 Multi Court 2	Street Jazz Moris	Soul Jazz Sava	Cheryl Cole Dance Jo	Express Yourself & Dance Mathias	Modern Jazz Moris	House Dance Moris	Salsa Footwork Sava	Dance To The Beat Mathias	
11.10 - 12.05 Multi Court 2	Pilates Rachel	Gympa For Fun Henrik	Functional & Athletic Henrik	Core Training Henrik	Gympa For Fun Henrik	Core Training Henrik	Gympa For Fun Henrik	Functional & Athletic Henrik	Gympa For Fun Henrik
11.10 - 12.05 Tennis Court 6		Zumba Fitness Sara	Dance Aerobics Mathias	Zumba Fitness Jo	Girl Power Aerobics Rachel & Jo	Zumba Fitness Sara	Glamoris Dance Moris	Latino Absoluto Moris	
11.10 - 12.05 Plaza Rambla			Active Seniors - Gympa Lilian	Active Seniors - Gympa Lilian		Active Seniors - Gympa Lilian			
12.10 - 13.05 Multi Court 2	Stretch & Relax Charles	Stretch & Relax Rachel	Yoga Sava	Shiatsu Partner Massage Lowe	VinyasaYoga Lowe	Shiatsu Partner Massage Lowe	PowerYoga Lowe	Shiatsu Partner Massage Lowe	Happy Yoga Lowe
14.30 - 15.30 Plaza Rambla			Nordic Walking Stina		Nordic Walking Stina				
15.15 - 15.45 Aparthotel Pool	Aqua Aerobics* Sports Team	Classical Aqua* Mathias	Aqua Aerobics* Rachel	Swinging Aqua* Mathias	Aqua Aerobics* Sports Team	Aqua Aerobics* Rachel	Dancing Aqua* Mathias	Aqua Aerobics* Sports Team	Aqua Aerobics* Sports Team
16.00 - 16.55 Plaza Rambla				Spinning Mauricio		Spinning Mauricio		Spinning* Mauricio	Spinning* Mauricio
16.00 - 16.55 Multi Court 1	Intermediate Step* Rachel	Basic Power Step* Jo	Step into the Groove* Mathias	Basic Step* Jo	Jazz Step (Intermediate)* Sava	Simply Step* Mathias	Intermediate Step* Sports Team	Basic Step* Sports Team	Functional & Athletic* Henrik & Petri
16.00 - 16.55 Multi Court 2	Just Dance Sava	Pop Jazz Moris	Zumba Fitness Jo	Hip Hop Moris	Zumba Fitness Jo	Lyrical Jazz Jo	New Style Dance Moris	Funky Jazz Moris	
16.00 - 16.55 Outdoor Gym		Kettlebell Gyula	CrossFit Gyula	Kettlebell Gyula	CrossFit Gyula				
17.05 - 18.00 Fitness Centre		Open Fitness training Gyula with Team	Group Strength Training Gyula with Team	Group Strength Training Gyula with Team	XFitness Gyula with Team	Group Strength Training Gyula with Team			
17.05 - 18.00 Multi Court 1	FunClass - Welcome Workout* All Instructors (Team Teach)	FunClass - Boot Camp* Rachel & Henrik	FunClass - Cardio Circuit* All Instructors (Team Teach)	FunClass - 80's Aerobics* Rachel	FunClass - Tabata Interval Training* All Instructors (Team Teach)	FunClass - Bollywood Vs Ragga* Rachel & Moris	FunClass - Fitness Party* All Instructors (Team Teach)	FunClass - Farewell Workout* All Instructors (Team Teach)	FunClass - Fitness Party* All Instructors (Team Teach)
19.30 Evening social meeting point	Welcome drink Palapa bar	Sangria & mingle Hotel Pool area	Chill out Hotel Pool area	Try local wine & cheese Plaza Rambla	Sunset beach Beach	Champagne & mingle Plaza Rambla	Farewell Party & Dinner Hotel Pool area	Chill out Hotel Pool area	Sunset beach Beach
21.30 - 22.30 Evening Entertainment	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	IAW Showtime Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	21.00-23.00 Karaoke Pool Bar, Aparthotel	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla
22.30 - 01.30 Evening Entertainment	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla