

Hotel name: Cavo Spada															
	Ankomst: Stockholm 05.50-10.40 Köpenhamn 07.35-12.15 Göteborg 18.00-22.40				Samaria utflykten Pickup: 06:00 Return: 19:45 Lena, Rebecca, Mimma			Ankomst: Stockholm 05.50-10.40 Köpenhamn 07.35-12.15 Göteborg 18.00-22.40				Samaria utflykten Pickup: 06:00 Return: 19:45 Rickard, Freddie, Pam			Avresa: Stockholm 11.40-14.35 Köpenhamn 13.15-15.50 Göteborg 23.40-02.25
Date:	Saturday 4/5	Sunday 5/5	Monday 6/5	Tuesday 7/5	Wednesday 8/5	Thursday 9/5	Friday 10/5	Saturday 11/5	Sunday 12/5	Monday 13/5	Tuesday 14/5	Wednesday 15/5	Thursday 16/5	Friday 17/5	Saturday 18/5
07.30-08.00	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Madelin	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma
08.00-08.50	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Yin Yoga Freddie Nyholm	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Dynamisk Yoga Mia Rodhborn	Dynamisk Yoga Mia Rodhborn	Dynamisk Yoga Mia Rodhborn	Dynamisk Yoga Mia Rodhborn	Dynamisk Yoga Mia Rodhborn	Dynamisk Yoga Mia Rodhborn	Dynamisk Yoga Mia Rodhborn
07.30-10.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00-09.45	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg	Welcome meeting Göteborg
09.30-12.00	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi
10.00-10.30	Crawl group 1 Josefin Lillhage	Crawl group 1 Josefin Lillhage	Crawl group 1 Josefin Lillhage	Crawl group 1 Josefin Lillhage	Crawl group 5 Josefin Lillhage	Crawl group 5 Josefin Lillhage	Crawl group 5 Josefin Lillhage	Stark Kropp Rebecca Ekström	Crawl group 1 Gunilla Siljebäck Melin	Crawl group 1 Gunilla Siljebäck Melin	Crawl group 1 Gunilla Siljebäck Melin	Crawl group 5 Gunilla Siljebäck Melin	Crawl group 5 Gunilla Siljebäck Melin	Crawl group 5 Gunilla Siljebäck Melin	Crawl group 5 Gunilla Siljebäck Melin
10.30-11.00	Crawl group 2 Josefin Lillhage	Crawl group 2 Josefin Lillhage	Crawl group 2 Josefin Lillhage	Crawl group 2 Josefin Lillhage	Crawl group 6 Josefin Lillhage	Crawl group 6 Josefin Lillhage	Crawl group 6 Josefin Lillhage	Crawl group 2 Gunilla Siljebäck Melin	Crawl group 2 Gunilla Siljebäck Melin	Crawl group 2 Gunilla Siljebäck Melin	Crawl group 2 Gunilla Siljebäck Melin	Crawl group 6 Gunilla Siljebäck Melin	Crawl group 6 Gunilla Siljebäck Melin	Crawl group 6 Gunilla Siljebäck Melin	Crawl group 6 Gunilla Siljebäck Melin
10.00-10.50	Schlagerdans Freddie Nyholm	Balance Freddie Nyholm	90-tals Aerobics Freddie Nyholm	Body Combat Freddie Nyholm	Mobility/Stretch Lena Möller	Beach Bootcamp Freddie Nyholm	Dans: "Inside out" Maria Bild	Body Combat Freddie Nyholm	Beach Bootcamp Freddie Nyholm	Core, 30 min Maria Bild	Showdance Freddie Nyholm	Balance Freddie Nyholm	Balance Freddie Nyholm	Balance Freddie Nyholm	Balance Freddie Nyholm
10.00-10.50	Intensity Intervals Lena Möller	Core HIIT Lena Möller	Core Power Lena Möller	Core Power Lena Möller	Tabata Freddie Nyholm	Zumba Lena Möller	Moveoo Boll José Nunez	Moveoo Mix José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez
11.00-11.50	Thaiboxing Madelinn Fernandez	Boxning Madelinn Fernandez	Thaiboxing Madelinn Fernandez	Crossfit Madelinn Fernandez	Kettlebell Madelinn Fernandez	Boxning Madelinn Fernandez	ThaiBoxning Rickard Nordstrand	Boxning Rickard Nordstrand	ThaiBoxning Rickard Nordstrand	Boxning Rickard Nordstrand	Boxning Rickard Nordstrand	Moveoo Handduksfys José Nunez	ThaiBoxning Rickard Nordstrand	Boxning Rickard Nordstrand	Boxning Rickard Nordstrand
11.00-11.50							Balance Freddie Nyholm	"Tribute to Tina Turner" Maria Bild	Dans: "Danceaerobic" Maria Bild	Dans: "Danceaerobic" Maria Bild	Dans: "Danceaerobic" Maria Bild	"Very viennese waltz" Maria Bild	Soma Move Maria Bild	Dans: "Boyband" Maria Bild	
13.00-15.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14.00-14.50															
14.00-14.30	Crawl group 3 Josefin Lillhage	Crawl group 3 Josefin Lillhage	Crawl group 3 Josefin Lillhage	Crawl group 3 Josefin Lillhage	Crawl group 7 Josefin Lillhage	Crawl group 7 Josefin Lillhage	Crawl group 7 Josefin Lillhage	Crawl group 3 Gunilla Siljebäck Melin	Crawl group 3 Gunilla Siljebäck Melin	Crawl group 3 Gunilla Siljebäck Melin	Crawl group 3 Gunilla Siljebäck Melin	Crawl group 7 Gunilla Siljebäck Melin	Crawl group 7 Gunilla Siljebäck Melin	Crawl group 7 Gunilla Siljebäck Melin	Crawl group 7 Gunilla Siljebäck Melin
14.30-15.00	Crawl group 4 Josefin Lillhage	Crawl group 4 Josefin Lillhage	Crawl group 4 Josefin Lillhage	Crawl group 4 Josefin Lillhage	Crawl group 8 Josefin Lillhage	Crawl group 8 Josefin Lillhage	Crawl group 8 Josefin Lillhage	Crawl group 4 Gunilla Siljebäck Melin	Crawl group 4 Gunilla Siljebäck Melin	Crawl group 4 Gunilla Siljebäck Melin	Crawl group 4 Gunilla Siljebäck Melin	Crawl group 8 Gunilla Siljebäck Melin	Crawl group 8 Gunilla Siljebäck Melin	Crawl group 8 Gunilla Siljebäck Melin	Crawl group 8 Gunilla Siljebäck Melin
15.00-15.50	Body Combat Freddie Nyholm	90-tals Aerobics Freddie Nyholm	Beach Bootcamp Freddie Nyholm	Beach Bootcamp Freddie Nyholm	Pilates Power Lena Möller	Showdance Freddie Nyholm	90-tals Aerobics Freddie Nyholm	Body Combat Freddie Nyholm	Soma Move Maria Bild	Body Combat Freddie Nyholm	Body Combat Freddie Nyholm	Freepower Maria Bild	Freepower Maria Bild	"We love Carola" Maria Bild	Showdance Freddie Nyholm
15.00-15.50	Kettlebell Madelinn Fernandez	Freepower Madelinn Fernandez	Freepower Rebecca Ekström	Freepower Rebecca Ekström	Freepower Rebecca Ekström	Freepower Rebecca Ekström	Freepower Rebecca Ekström	Moveoo Box José Nunez	Moveoo Vikt José Nunez	Moveoo Boll José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez	Moveoo Gummiband José Nunez
16.00-16.50	Boxning Madelinn Fernandez	Piloxing Lena Möller	Boxning Madelinn Fernandez	Boxning Madelinn Fernandez	Tabata Freddie Nyholm	Boxning Madelinn Fernandez	Crossfit Madelinn Fernandez	Stark Kropp Cardio Rebecca Ekström	Boxning Rickard Nordstrand	ThaiBoxning Rickard Nordstrand	ThaiBoxning Rickard Nordstrand	Boxning Rickard Nordstrand	Boxning Rickard Nordstrand	Boxning Rickard Nordstrand	Boxning Rickard Nordstrand
16.00-16.50	Zumba Lena Möller	Zumba Lena Möller	Love to Dance Lena Möller	Love to Dance Lena Möller	Showdance Freddie Nyholm	Core Power, 30 min Lena Möller	Core Power, 30 min Lena Möller	Freepower Maria Bild	Freepower Maria Bild	Freepower Maria Bild	Freepower Maria Bild	Dans: "Celine Dion" Maria Bild	Dans: "Celine Dion" Maria Bild	Dans: "Celine Dion" Maria Bild	Dans: "Celine Dion" Maria Bild
16.00-18.00	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi
17.00-17.50	Mobility/Stretch Lena Möller	Soma Mind Rebecca	Soma Move & Mind Rebecca	Soma Mind Rebecca	Hip Hop Yoga Madelinn Fernandez	Soma Move & Mind Rebecca	Soma Mind Rebecca	Soma Move & Mind Rebecca Ekström	Medicinsk Yoga Mia Rodhborn	Yoga Mia Rodhborn	Medicinsk Yoga Mia Rodhborn	Medicinsk Yoga Mia Rodhborn	Medicinsk Yoga Mia Rodhborn	Yoga Mia Rodhborn	Medicinsk Yoga Mia Rodhborn
19.15-20.00	Welcome meeting Stockholm & Köpenhamn	Föreläsning Freddie Nyholm	Föreläsning Pamela Andersson	Mingel i baren	Mingel i baren	Föreläsning Pasi Salonen	The last night!	Welcome meeting Stockholm & Köpenhamn	Föreläsning Maria Bild	Föreläsning Pamela Andersson	Mingel i baren	Föreläsning Jose Nunez	Föreläsning Rickard Nordstrand	The last night!	
20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
								Avresa: Stockholm 11.40-14.35 Köpenhamn 13.15-15.50 Göteborg 23.40-02.25							Avresa: Stockholm 11.40-14.35 Köpenhamn 13.15-15.50 Göteborg 23.40-02.25

Program is subject to changes.

Yoga/Fitness deck	Pool
WOD Box	Restaurant
Cykel centret	Conference room
Receptionen	