

**Hotel name:** Porto Myrina - powered by Playitas

|              | <b>Ankomst:</b><br><i>Stockholm 07.05-11.30</i><br><i>Köpenhamn 15.45-19.25</i> |   |   |   |   |   |  | <b>Avresa:</b><br><i>Stockholm 20.45-23.25</i><br><i>Köpenhamn 12.30-14.45</i> |
|--------------|---|---|---|---|---|---|--|--|
| <b>Date:</b> | <b>Sunday 26/5</b>  | <b>Monday 27/5</b>                        | <b>Tuesday 28/5</b>                       | <b>Wednesday 29/5</b>                     | <b>Thursday 30/5</b>                      | <b>Friday 31/5</b>                        | <b>Saturday 1/6</b>                      | <b>Sunday 2/6</b>  |
| 07.30-08.00  |   | Morning Walk<br>Pamela Alselind           | Morning Walk<br>Pamela Alselind           | Morning Walk<br>Pamela Alselind           | Morning Walk<br>Pamela Alselind           | Morning Walk<br>Pamela Alselind           | Morning Walk<br>Pamela Alselind          | Morning Walk<br>Pamela Alselind  |
| 08.00-08.50  |   | Morgon yoga<br>Åsa Nyvall                 | Morgon yoga<br>Åsa Nyvall                 | Morgon yoga<br>Åsa Nyvall                 | Morgon yoga<br>Åsa Nyvall                 | Morgon yoga<br>Åsa Nyvall                 | Morgon yoga<br>Åsa Nyvall                | Morgon yoga<br>Åsa Nyvall  |
| 09.30-09.50  |   | Welcome meeting<br>Köpenhamn              |   |   |   |   |  |  |
| 07.30-10.30  |   | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                                 | Breakfast                                | Breakfast  |
| 10.00-10.50  |   | Balance<br>Freddie Nyholm                 | Muscle Explosion<br>Oscar Jöback          | Body Combat<br>Freddie Nyholm             | Dynamic Moves<br>Oscar Jöback             | Showdance<br>Freddie Nyholm               | Step<br>Oscar Jöback                     | Mixed class<br>Oscar, Freddie, Sussanne  |
| 11.00-11.50  |   | Express Yourself<br>Oscar Jöback          | 90-tals aerobics<br>Freddie Nyholm        | Dynamic Moves<br>Oscar Jöback             | Dans<br>Freddie Nyholm                    | Muscle Explosion<br>Oscar Jöback          | 90-tals aerobics<br>Freddie Nyholm       |  |
| 11.00-11.50  |   | Control Your Body<br>Susanne Gunnarsson   | Funktionell träning<br>Susanne Gunnarsson | Kanot<br>Susanne Gunnarsson               | Control Your Body<br>Susanne Gunnarsson   | Funktionell träning<br>Susanne Gunnarsson | Kanot<br>Susanne Gunnarsson              |  |
| 12.30-14.00  | Lunch   | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                                     | Lunch                                    |  |
| 14.00-14.50  |   | AQUA (30 min)<br>Apollo Sports instructor | Spinning<br>Apollo Sports instructor      | AQUA (30 min)<br>Apollo Sports instructor | Spinning<br>Apollo Sports instructor      | AQUA (30 min)<br>Apollo Sports instructor | Spinning<br>Apollo Sports instructor     |  |
| 15.00-15.50  | Welcome meeting<br>Stockholm  | Kanot<br>Susanne Gunnarsson               | Tabata<br>Freddie Nyholm                  | Funktionell Träning<br>Susanne Gunnarsson | Funktionell Träning<br>Susanne Gunnarsson | Kanot<br>Susanne Gunnarsson               | Controll Your Body<br>Susanne Gunnarsson |  |
| 15.00-15.50  |   | Dans<br>Freddie Nyholm                    | Aerobics<br>Oscar Jöback                  | Step<br>Oscar Jöback                      | Dans<br>Freddie Nyholm                    | Aerobics<br>Oscar Jöback                  | Express Yourself<br>Oscar Jöback         |  |
| 16.00-16.50  | Control Your Body<br>Susanne Gunnarsson   | Dynamic Moves<br>Oscar Jöback             | Control Your Body<br>Susanne Gunnarsson   | Bootcamp<br>Freddie Nyholm                | Muscle Explosion<br>Oscar Jöback          | Body Combat<br>Freddie Nyholm             | Showdance<br>Freddie Nyholm              |  |
| 17.00-17.50  | Stretch 30 min<br>Freddie Nyholm  | Yoga<br>Åsa Nyvall                        | Yoga<br>Åsa Nyvall                        | Yoga<br>Åsa Nyvall                        | Yoga<br>Åsa Nyvall                        | Yoga<br>Åsa Nyvall                        | Yoga<br>Åsa Nyvall                       |  |
| 19.00-19.45  | Mingel i baren  | Föreläsning<br>Åsa Nyvall                 | Föreläsning<br>Pamela Alselind            |   | Föreläsning<br>Oscar Jöback               | Föreläsning<br>Susanne Gunnarsson         | Sista kvällen!                           |  |
| 20.00-21.00  | Dinner  | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                                    | Dinner                                   |  |

Program is subject to changes.

|  |                 |
|--|-----------------|
| Yoga/Fitness deck                                  | Pool            |
| WOD Box  | Restaurant      |
| Spinning yta                                       | Reception       |
| Padelbanor   | Conference room |
| Ingen yta bokad, samling vid den rosa träningsytan | Multicourt      |