

## Träningsresa Porto Myrina

Maj 2024

### Söndag:

|               |              |            |         |
|---------------|--------------|------------|---------|
| 16.00 - 16.45 | Tabata       | Beach      | Evelina |
| 18.30 - 19.15 | Välkomstmöte | Bar        | Alla    |
| 19.15         | Middag       | Restaurang | Alla    |

### Måndag:

|               |                             |              |         |
|---------------|-----------------------------|--------------|---------|
| 07.00 - 07.45 | Yin Yoga                    | Beach        | Jessica |
| 07.00 - 07.45 | PowerWalk                   | Box          | Evelina |
| 08.00 - 08.30 | Workout                     | Box          | Evelina |
| 10.00 - 11.15 | TT Mix                      | Beach        | Alla    |
| 11.30 - 12.00 | Aqua Tabata                 | Pool         | Jessica |
| 15.00 - 15.45 | 90-tals Aerobic             | Beach        | Evelina |
| 15.00 - 15.45 | Styrkeworkshop <i>Bokas</i> | Box          | Jessica |
| 16.00 - 16.45 | Mobility                    | Multicourt   | Evelina |
| 17.00 - 17.30 | Stretch                     | Box          | Evelina |
| 18.30 - 19.00 | Mingel                      | Baren        | Alla    |
| 18.30         | Kvällsoverraskning          | Konferensen  | Alla    |
| 19.15         | Middag                      | Restaurangen |         |

### Tisdag:

|                |                               |              |         |
|----------------|-------------------------------|--------------|---------|
| 07.15 - 08.00  | Les Mills Body Balance        | Multicourt   | Evelina |
| 07.00 - 07.45  | Powertraining                 | Receptionen  | Jessica |
| 08.15 - 08.45  | Core                          | Multicourt   | Jessica |
| 10.00 - 10.45  | Freepower                     | Beach        | Jessica |
| 11.00 - 11.45  | Step                          | Box          | Jessica |
| 11.00 - 11.30  | HIIT                          | Multicourt   | Evelina |
| 11.30 - 11.45  | Stretch                       | Multicourt   | Evelina |
| 12.00 - 12.30  | Aqua                          | Pool         | Evelina |
| 15.30 (Ca 2 h) | Promenad till slottet och byn | Receptionen  | Alla    |
| 18.30          | After workout                 | Baren        |         |
| 19.00          | Middag                        | Restaurangen |         |

### Onsdag:

|               |                               |              |                   |
|---------------|-------------------------------|--------------|-------------------|
| 07.00 - 07.45 | Yoga                          | Beach        | Evelina           |
| 07.00 - 07.45 | Powerwalk                     | Receptionen  | Jessica           |
| 08.00 - 08.30 | Bootymove                     | Multicourt   | Evelina           |
| 11.00 - 11.45 | Les Mills SHAPES              | Box          | Evelina           |
| 11.00 - 11.45 | Zumba                         | Multicourt   | Jessica           |
| 12.00 - 12.45 | Functional Power <i>Bokas</i> | Box          | Evelina           |
| 12.00 - 12.30 | Aqua Tabata                   | Pool         | Jessica           |
| 15.00         | Cykeltur <i>Bokas</i>         | Receptionen  |                   |
| 15.00 - 16.00 | Les Mills BodyCombat          | Box          | Evelina           |
| 16.15 - 16.45 | Stretch                       | Multicourt   | Evelina           |
| 18.30         | Middag                        | Restaurangen |                   |
| 20.00         | Sunset Yoga                   | Beach        | Evelina & Jessica |

### Torsdag:

|               |                                 |              |         |
|---------------|---------------------------------|--------------|---------|
| 07.00 – 07.45 | Les Mills BodyBalance           | Beach        | Jessica |
| 07.00 – 07.45 | PowerTraining                   | Box          | Evelina |
| 08.00 – 08.30 | Workout                         | Box          | Evelina |
| 10.00 - 10.45 | Afro                            | Beach        | Evelina |
| 11.00 - 11.45 | Les Mills BodyPump <i>Bokas</i> | Box          | Jessica |
| 11.00 - 11.45 | Mobility                        | Beach        | Evelina |
| 11.45 - 12.15 | Stretch                         | Beach        | Evelina |
| 12.00 - 12.30 | Aqua                            | Pool         | Jessica |
| 14.00 (Ca3 h) | Bergspromenad "Masten"          | Receptionen  | Alla    |
| 19.00         | Middag                          | Restaurangen |         |

### Fredag:

|               |                      |              |         |
|---------------|----------------------|--------------|---------|
| 07.15 – 08.00 | Yin Yoga             | Multicourt   | Jessica |
| 07.15 – 08.00 | Powerwalk            | Receptionen  | Evelina |
| 08.15 – 08.45 | Core                 | Multicourt   | Jessica |
| 10.00 - 10.45 | Löpning, intervaller | Receptionen  | Jessica |
| 10.00 - 10.45 | Dansaerobic          | Multicourt   | Jessica |
| 11.00 – 11.45 | Les Mills SHAPES     | Box          | Evelina |
| 12.00 – 12.30 | Aqua Tabata          | Pool         | Jessica |
| 15.00 - 15.45 | Tabata               | Beach        | Evelina |
| 16.00 - 16.45 | Freepower            | Multicourt   | Jessica |
| 16.45 - 17.15 | Stretch              | Multicourt   | Jessica |
| 19.00         | Middag               | Restaurangen | Alla    |
| 20.15         | Kvällsoverraskning   | Konferensen  | Alla    |

### Lördag:

|               |                               |              |         |
|---------------|-------------------------------|--------------|---------|
| 07.00 – 07.45 | Les Mills BodyBalance         | Beach        | Evelina |
| 07.15 – 08.00 | Powerwalk                     | Receptionen  | Jessica |
| 08.15 – 08.45 | Bootymove                     | Multicourt   | Evelina |
| 10.00 - 10.45 | Spinning                      | Spinn Room   | Jessica |
| 10.00 - 10.45 | Core Workshop                 | Beach        | Evelina |
| 11.00 - 11.45 | Core Klass                    | Multicourt   | Evelina |
| 12.00- 13.30  | Finalpass                     | Box          | Alla    |
| 16.30         | Vinprovning – tillval (Bokas) | Receptionen  |         |
| 19.00         | Avslutning                    | Konferensen  | Alla    |
| 19.30         | Middag                        | Restaurangen | Alla    |

### Söndag:

Dags för hemfärd!

*Mindre ändringar kan ske.*