La Pared - powered by Playitas

Date:	Monday 18/3	Tuesday 19/3	Wednesday 20/3	Thursday 21/3	Friday 22/3	Saturday 23/3	Sunday 24/3	Monday 25/3
07.30-08.00		Powerwalk Pamela	Powerwalk Pamela	Powerwalk Pamela	Powerwalk Pamela	Powerwalk Pamela	Powerwalk Pamela	Powerwalk Pamela
08.00-08.45		Morning Flow Yoga Annika	Morning Flow & Stretch Annika	Morning Flow & Balance Annika	Morning Flow & Stretch Annika	Morning Flow & Balance Annika	Morning Flow & Stretch Annika	Morning Flow & Balance Annika
08.00-10.00	*Ankomst Köpenhaman 08.35-12.40*	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00-11.00	*Ankomst Stockholm 08.40-13.30*	Surf *(mot extra kostad)*	Surf *(mot extra kostad)*	Surf *(mot extra kostad)*	Surf *(mot extra kostad)*	Surf *(mot extra kostad)*	Surf *(mot extra kostad)*	
10.00-10.50		Dans, Salsa Kristjan Lootus	Core 30 min Susanne	Dans, Bollywood Kristjan Lootus	Functionell träning Susanne	Dans, TikTok Kristjan Lootus	Functionell träning Susanne	
10.00-10.50		Control Your Body Susanne	CrossFit Madelinn	Workshop Kettlebell Madelinn	Boxning Madelinn	CrossFit Madelinn	Boxning Madelinn	
11.00-11.30					Mobility (30 min) Annika		Core (30 min) Annika	
11.00-11.50		Boxning Madelinn	Dans, Samba Kristjan Lootus	Control your body Susanne	Dans, Flamenco Kristjan Lootus	Control your body Susanne	Dans, Jive Kristjan Lootus	*Hemresa Köpenhamn 13.30-19.45*
12.00-15.00	*Ankomst Göteborg 10.45-15.05*	Lunch and Relax	Lunch and Relax	Lunch and Relax	Lunch and Relax	Lunch and Relax	Lunch and Relax	*Hemresa Stockholm 14.25-21.15*
15.00-15.50		Thaiboxning Madelinn	Boxning Madelinn	Thaiboxning Madelinn	Kettlebell Madelinn	Boxning Madelinn	Thaiboxning Madelinn	*Hemresa Göteborg 16.05-22.25*
15.00-15.50		Functionell träning Susanne	Dans, Rumba Kristjan Lootus	Functionell träning Susanne	Dans, Zumba Kristjan Lootus	Functionell träning Susanne	Dans, Disco Kristjan Lootus	
16.00-16.50		Dans, Bachata Kristjan Lootus	Functionell träning Susanne	Dans, Cha Cha Kristjan Lootus	Control your body Susanne	Dans, Mix Kristjan Lootus	Ett sista överraskningspass med alla ledare!	
17.00-18.00	Yoga, "Get Sweden out of your body" Annika	Yoga, Stretch & Shine Annika	Yin Yoga, "Let Go" Annika	Yoga Workshop Annika	Yoga, "Expand your inner self" Annika	Yin Yoga, Stretch & Relax Annika		
19.00-19.45	Välkomstmöte	FöreläsningKristjan	FöreläsningAnnika		FöreläsningPamela	FöreläsningSusanne	**SISTA KVÄLLEN!**	
20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

Program is subject to changes.

Yoga Shala	Conference room/theatre
WOD Box	Reception
Multicourt	Sauna/relax area
Beach/pool	