

Träningsresa Madeira

November 2026

Torsdag

17.00 – 17.30	Tabata	Cardiodeck	Lotta
17.30 – 18.00	Les Mills Body Balance	Cardiodeck	Jessica
19.00 - 19.45	Välkomstmöte	Terassen	Lotta & Jessica
19.45	Middag	Ocean Restaurant	

Fredag

07.15 - 08.15	Yoga	Yogadeck	Lotta
07.15 - 08.00	Powertraining	Receptionen	Jessica
08.20 - 08.50	Morning Cardio	Yogadeck	Lotta
10.15 – 11.30	TT Mix	Cardiodeck	Lotta & Jessica
12.00 – 12.30	Aqua Tabata	Poolen	Jessica
15.00 – 16.00	Yoga Workshop	Cardiodeck	Jessica
15.00 - 15.45	Löpskolning	Receptionen	Lotta
16.15 – 17.00	Zumba	Cardiodeck	Jessica
16.15 – 17.00	Endurance	Receptionen	Lotta
17.00- 17.30	Stretch	Cardiodeck	Jessica
19.00	Middag	Ocean restaurant	
20.30	Kvällsoverraskning	Konferensen	Lotta & Jessica

Lördag

07.15– 08.15	Yoga	Cardiodeck	Jessica
07.15 - 08.00	Powerwalk	Receptionen	Lotta
08.20 – 08.50	Bootywork	Cardiodeck	Jessica
10.15 – 11.00	Styrkeworkshop	Indoor studio	Jessica
10.15 – 11.00	Dansaerobic	Cardiodeck	Lotta
11.15 – 12.00	Les Mills Body Pump	Indoor studio	Jessica
11.15 – 12.00	Soma Move	Cardiodeck	Lotta
15.00	Promenad vid levadorna	Receptionen	Alla
19.30	Middag	Ocean restaurant	

Söndag

07.15– 08.15	Yoga	Cardiodeck	Lotta
07.15 – 08.00	Powertraining	Receptionen	Jessica
08.20 – 08.50	Core	Cardiodeck	Jessica
10.15 – 11.00	HIIT	Cardiodeck	Lotta
10.15 – 11.00	Les Mills Pilates	Desertas	Jessica
11.15 – 12.00	Minibandsworkshop	Cardiodeck	Lotta
12.30 – 13.00	Aqua	Poolen	Jessica
15.00 - 15.45	Afro	Cardiodeck	Lotta
16.00 – 16.45	Funktionell styrka	Cardiodeck	Jessica
16.45 – 17.15	Stretch	Cardiodeck	Jessica
17.15 - 18.00	After Workout	Baren	
19.00	Middag	Ocean Restaurant	

Måndag

07.15 – 08.15	Yoga	Cardiodeck	Jessica
07.30 – 08.00	Powerwalk	Receptionen	Lotta
08.20 – 08.50	Morning Cardio	Cardiodeck	Jessica
10.15 – 11.00	Cirkelträning	Cardiodeck	Lotta
11.15 – 12.00	Paryoga	Cardiodeck	Lotta & Jessica
12.00 – 12.30	Yoga Nidra	Cardiodeck	Jessica
14.30	Vinprovning – <i>Tillval mot kostnad</i>		

I samband med vinprovningen finns möjlighet till sightseeing i Funchal. Vi tillhandahåller information om sevärdheter för Dig som önskar strosa runt och kika på egen hand.

19.00	Middag	Ocean restaurant	
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Tisdag

07.15 – 08.15	Yoga	Cardiodeck	Lotta
07.15 - 08.00	Powertraining	Receptionen	Sandra
08.20 – 08.50	Bootywork	Cardiodeck	Sandra
10.15 – 11.00	Freepower	Cardiodeck	Jessica
10.15 – 11.00	Löpintervaller	Receptionen	Lotta
11.15 – 12.00	Discogympa	Cardiodeck	Sandra
11.15 – 12.00	Bootcamp	Receptionen	Lotta
12.30 – 13.00	Aqua	Poolen	Sandra
15.00	Promenad till Camara de lobos	Receptionen	Alla
19.00	Middag	Ocean restaurant	

Onsdag

07.15 – 08.15	Yoga	Cardiodeck	Jessica
07.15 – 08.00	Powerwalk	Receptionen	Lotta
08.20 – 08.50	Core	Cardiodeck	Jessica
10.15 – 11.00	Zumba	Cardiodeck	Jessica
11.15 – 12.00	Tabata	Indoor studio	Sandra
11.15 – 12.00	Yin Yoga	Cardio deck	Lotta
12.30 – 13.00	Aqua	Poolen	Jessica
15.30 – 16.15	WOD	Indoor Studio	Sandra
15.30 - 16.15	Soma Move	Cardiodeck	Lotta
16.45 – 17.30	Finalpass	Cardiodeck	Alla
18.45	Avslutning	Terassen	Alla
19.30	Middag	Ocean Restaurant	

Torsdag

07.15 – 08.00	Powerwalk	Receptionen	Lotta
07.15 – 08.15	Yoga	Cardiodeck	Jessica
08.20 – 08.50	Morning cardio	Cardiodeck	Jessica