

SPORTS PROGRAM

JULIE NOTKIN - LEVANTE - POWERED BY PLAYITAS
06 JUNI - 13 JUNI 2026

	SATURDAY 6/6	SUNDAY 7/6	MONDAY 8/6	TUESDAY 9/6	WEDNESDAY 10/6	THURSDAY 11/6	FRIDAY 12/6	SATURDAY 13/6
7:00	CPH ARRIVAL 11:00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00	BREAKFAST 07.00-10.00
8:00			YOGA OBS 07.00-08.00!!	Morning hike 08.00-			Functional Training 08.00-09.00	CPH DEPARTURE 12:00
9:00						Pilates/breathwork 09.00-10.00		
10:00		Box and Stength 09.00-10.00						
11:00			Social Run 11.00-12.00		Functional Training 11.00-12.00			
12:00		LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	LUNCH 12.30-14.30	
12:00								
13:00								
14:00						Social Run - interval 14.00-15.30	Functional/Cardio 14.00-15.00	
15:00		Pilates 15.00-16.00						
16:00	Post flight stretch/Welcome breathwork		Functional Training 16.00-17.00		Box and Stength 16.00-17.00			



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18:00	SOCIAL DINNER 18.30-21.30	DINNER 18.30-21.30	DINNER 18.30-21.30	SOCIAL DINNER 18.30-21.30	SOCIAL DINNER 18.30-21.30	DINNER 18.30-21.30	SOCIAL DINNER 18.30-21.30	
18:00		SOCIAL NIGHT					SOCIAL NIGHT	
19:00		SOCIAL NIGHT					SOCIAL NIGHT	

Restaurant	WOD Box	Social	Meltini Bar	Small Pink Platform
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