

Hotel name: Pilot Beach

Date:	Saturday 22/4	Sunday 23/4	Monday 24/4	Tuesday 25/4	Wednesday 26/4	Thursday 27/4	Friday 28/4	Saturday 29/4
Out of the hotel	Arrival day		Urban hike 6-8 km. Martin. 09.00-12.00	Imbros Excursion*		Nature hike 6-8 km. Martin. 14.00-16.00		Departure day
07.30-08.00			Morning run Irene			Morning run Irene		
07.30-08.15		Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne
07.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09.00-10.00			Functional Michaela	Circuit 30 min Inger	Functional Michaela	Booty 30 min Inger	Soma move Inger	Departure hotel: OSL, 09.00, BLL 09.15, ARN 10.05
09.00-10.30		Welcome meeting, guided tour (Michaela / Irene)			Mountainbike beginners* Martin	TBA challenge* (OBS! 3,5 h) Martin	Mountainbike intermediate* Martin	
09.30-10.00				Core 30 min Inger		Core 30 min Inger		
10.00-10.30				TRX - Malena* (max 8 participants)				
10.30-11.00			HIIT 30 min Inger	TRX - Malena* (8 participants)				
10.00-10.30					HIIT 30 min Inger	Beach Bootcamp Michaela	Easy dance moves Malena	TABATA Martin
10.30-11.00		Circuit - Inger			Mountainbike beginners* Martin OBS. 1,5 h			
11.00-11.30			Easy dance moves Malena		Afrodance	TRX - Malena* (max 8 participants)		
11.30-12.00					Malena	TRX - Malena* (max 8 participants)		
12.00-14.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14.00-14.30		Service desk Michaela	TRX - Malena* (max 8 participants)		Aqua (30 min) Malena		Aqua (30 min) Malena	
14.30-15.30		Aqua (30 min) Malena	TRX - Malena* (max 8 participants)	Afrodance - Malena	Booty 30 min Inger	Strength Training 30 min Inger	Strongermind Michaela	
15.00-16.00			Soma move 50 min - Inger		Running Technique Martin		Beach Volley, no instructor	
16.00-17.00		Beach Bootcamp Inger		Strength Training 30 min Inger			Fun Beach Intervals Martin	
16.00-17.30			Yoga Workshop: Neck, back and shoulders. Susanne		Yoga Workshop: Feets, hops and balance. Susanne			
17.00-17.50	Guided hotel tour - Irene	Cool down yoga Susanne		Cool down yoga Susanne		Stretch and relax Malena	Cool down yoga Susanne	
18.15-19.45	18.00-18.30 Stretch and relax Malena		Lecture: From couch potato to vegetable fan. Irene (60 min.)		Lecture: Excercise nutrition - myth busting. Martin (1,5h)	Lecture: Mental Health Susanne (60 min.)		
19.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	19.00. Dinner at the beach restaurant	Departure hotel: CPH 20.15. TRD 19.45
Flight CHQ	CPH 11.45, BLL 22.45, ARN 12.05, TRD 22.15, OSL 11.25		CPH 23.45, BLL 12.45, ARN 13.05, TRD 23.15, OSL 12.25					

Beach Area	Conference room	* Sign up is needed
Multicourt	Restaurant	
Almyra Terrace	No area needed, meet in the reception	
Pool		