

MONDAY 19.01	TUESDAY 20.1	WEDNESDAY 21.1	THURSDAY 22.1	FRIDAY 23.1	SATURDAY 24.1	SUNDAY 25.1	MONDAY 26.1
Ankomst CPH 12:40 / BLL 12:35	07:30 – 10.30 Morgenbuffet	07:30 – 10.30 Morgenbuffet	07:30 – 10.30 Morgenbuffet	07:30 – 10.30 Morgenbuffet	07:30 – 10.30 Morgenbuffet	07:30 – 10.30 Morgenbuffet	07:30 – 10.30 Morgenbuffet
	08.00-09.00 WOD BOX		08:00-09:00 Stretch/vandring				
		10:00-11:00 WOD BOX		10.00-13.00 Morgen cykeltur *egen betaling – skal bookes på hotellet	10:00-11:00 WOD BOX	10:00-11:00 WOD BOX	08:00-09:00 Stretch/vandring
			12.00-13.00 WOD BOX				Afrejse CPH 13:40 / BLL 13:40
	11:00-15:00 Frokost	11:00-15:00 Frokost	11:00-15:00 Frokost	11:00-15:00 Frokost	11:00-15:00 Frokost	11:00-15:00 Frokost	
		14.00-15.00 WOD BOX				14.00-15.00 WOD BOX	
	15.00-16.00 WOD BOX		15:00-16:00 PADEL	15.00-16.00 WOD BOX			
18.00-19.00 Post flight stretch & movement		17.00-18.00 Udstrækning Pink Platform			18.00-19.00 PADEL		
	18:30-21:00 Aftensmadbuffet	18:30-21:00 Aftensmadbuffet	18:30-21:00 Aftensmadbuffet	18:30-21:00 Aftensmadbuffet	18:30-21:00 Aftensmadbuffet	18:30-21:00 Aftensmadbuffet	
	20.30-22.30 Social aften Da Luigi Terrasse		20.30-22.30 Social aften Da Luigi Terrasse			20.30-22.30 Social aften Da Luigi Terrasse	