

Hotel name: Cavo Spada									
	Ankomst: Stockholm 05.50-10.40 Köpenhamn 07.35-12.15 Göteborg 18.00-22.40								
Date:	Saturday 4/5	Sunday 5/5	Monday 6/5	Tuesday 7/5	Wednesday 8/5	Thursday 9/5	Friday 10/5	Saturday 11/5	Date:
07.30-08.00		Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	Morning Walk Pamela, Mimma	07.30-08.00
08.00-08.50		Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	Soma Slow & Mind Rebecca Ekström	08.00-08.50
07.30-10.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	07.30-10.30
09.00-09.45		Welcome meeting Göteborg							09.00-09.45
09.30-12.00		Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi		09.30-12.00
10.00-10.30		Crawl group 1 Josefin Lillhage	Crawl group 1 Josefin Lillhage	Crawl group 1 Josefin Lillhage	Crawl group 5 Josefin Lillhage	Crawl group 5 Josefin Lillhage	Crawl group 5 Josefin Lillhage	Stark Kropp Rebecca Ekström	10.00-10.30
10.30-11.00		Crawl group 2 Josefin Lillhage	Crawl group 2 Josefin Lillhage	Crawl group 2 Josefin Lillhage	Crawl group 6 Josefin Lillhage	Crawl group 6 Josefin Lillhage	Crawl group 6 Josefin Lillhage		10.30-11.00
10.00-10.50		Schlagerdans Freddie Nyholm	Balance Freddie Nyholm	90-tals Aerobics Freddie Nyholm	Body Combat Freddie Nyholm	Mobility/Stretch Lena Möller	Beach Bootcamp Freddie Nyholm		10.00-10.50
10.00-10.50		Intensity Intervals Lena Möller	Core HIIT Lena Möller	Pilates Power Lena Möller		Tabata Freddie Nyholm	Zumba Lena Möller		10.00-10.50
11.00-11.50		Thaiboxing Madelinn Fernandez	Boxning Madelinn Fernandez	Thaiboxing Madelinn Fernandez	Crossfit Madelinn Fernandez	Kettlebell Madelinn Fernandez	Boxning Madelinn Fernandez		11.00-11.50
13.00-15.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	13.00-15.00
14.00-14.30		Crawl group 3 Josefin Lillhage	Crawl group 3 Josefin Lillhage	Crawl group 3 Josefin Lillhage	Crawl group 7 Josefin Lillhage	Crawl group 7 Josefin Lillhage	Crawl group 7 Josefin Lillhage		14.00-14.30
14.30-15.00		Crawl group 4 Josefin Lillhage	Crawl group 4 Josefin Lillhage	Crawl group 4 Josefin Lillhage	Crawl group 8 Josefin Lillhage	Crawl group 8 Josefin Lillhage	Crawl group 8 Josefin Lillhage		14.30-15.00
15.00-15.50		Body Combat Freddie Nyholm	90-tals Aerobics Freddie Nyholm	Beach Bootcamp Freddie Nyholm	Zumba Lena Möller	Pilates Power Lena Möller	Showdance Freddie Nyholm		15.00-15.50
15.00-15.50			Kettlebell Madelinn Fernandez	Freepower Rebecca Ekström	Boxning Madelinn Fernandez	Freepower Rebecca Ekström			15.00-15.50
16.00-16.50		Boxning Madelinn Fernandez	Piloxing Lena Möller	Boxning Madelinn Fernandez	Tabata Freddie Nyholm	Boxning Madelinn Fernandez	Crossfit Madelinn Fernandez		16.00-16.50
16.00-16.50		Zumba Lena Möller		Love to Dance Lena Möller		Showdance Freddie Nyholm	Core Power, 30 min Lena Möller		16.00-16.50
16.00-18.00		Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi	Road Bike Pasi	Road Bike Mimma & Pasi	Road Bike Mimma & Pasi		16.00-18.00
17.00-17.50	Mobility/Stretch Lena Möller	Soma Mind Rebecca	Soma Move & Mind Rebecca	Soma Mind Rebecca	Soma Move & Mind Rebecca	Soma Move & Mind Rebecca	Soma Mind Rebecca		17.00-17.50
19.15-20.00	Welcome meeting Stockholm & Köpenhamn	Föreläsning Freddie Nyholm	Föreläsning Pamela Andersson	Föreläsning Pasi Salonen	Mingel i baren	Föreläsning Cecilia Frölund	The last night!		19.15-20.00
20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	20.00
								Avresa: Stockholm 11.40-14.35 Köpenhamn 13.15-15.50 Göteborg 23.40-02.25	

Program is subject to changes.

Yoga/Fitness deck	Pool
WOD Box	Restaurant
Cykel centret	Conference room
Receptionen	