

SPORTS PROGRAM

INTERNATIONAL WOMENS WEEK - PLAYITAS RESORT



	SATURDAY 7/3	SUNDAY 8/3	MONDAY 10/3	TUESDAY 11/3	WEDNESDAY 12/3	THURSDAY 13/3	FRIDAY 14/3
7:00	SUNRISE YOGA WITH FRIDA WIRSÉN**	MORNING HIKE SUNSET MOUNTAIN 07.15	YIN YOGA WITH FRIDA WIRSÉN		PILATES WITH LIVE LENNING**		SUNRISE YOGA WITH FRIDA WIRSÉN**
8:00			HANDSTAND WITH SARAH KRARUP	GYMNASTIC WITH SARAH KRARUP			
	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00	BREAKFAST 07.30-10.00
9:00	PILATES FOR EVERYONE WITH JENNI HÄKKÄ	PILATES WITH LIVE LENNING		JUST DANCE WITH LIVE LENNING		PILATES WITH LIVE LENNING	CPH DEPRART. 12:35 OSL DEPART. 13:20 ARN DEPART. 16:05 HEL DEPART. 16:55
10:00		Service Info	PILATES WITH LIVE LENNING**		Service Info		
10:00		MEDITATION WITH FRIDA WIRSÉN**			VINYASA YOGA WITH FRIDA WIRSÉN	YIN YOGA WITH FRIDA WIRSÉN	
11:00	WOD BOX WITH SARAH KRARUP	WOD BOX WITH SARAH KRARUP	WOD BOX WITH SARAH KRARUP		WOD BOX WITH SARAH KRARUP	WOD BOX WITH SARAH KRARUP	
11:00			REFORMER PILATES WITH LIVE LENNING 30 MIN WORKOUT*			PELVIC PARTY WITH JENNI HÄKKÄ	
11.30			REFORMER PILATES WITH LIVE LENNING 30 MIN WORKOUT*				
12:00	DANCE CARDIO WITH LIVE LENNING	DANCE ENERGY YOGA WITH FRIDA WIRSÉN		DANCE CARDIO WITH LIVE LENNING	DANCE CARDIO WITH LIVE LENNING		
12:00		STEP CLASS FOR EVERYONE WITH JENNI HÄKKÄ					
	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00	LUNCH 11.00 - 15.00		
13:00	DANCE LIKE YOU'VE NEVER DANCED BEFORE WITH JENNI HÄKKÄ	DANCE CARDIO WITH LIVE LENNING	DANCE ENERGY YOGA WITH FRIDA WIRSÉN	WOD BOX WITH SARAH KRARUP	OLYMPIC LIFTING WITH SARAH KRARUP		

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13:00	REFORMER PILATES WITH LIVE LENNING 30 MIN WORKOUT*		SALSA PARTY WITH JENNI HÄKKÄ			REFORMER PILATES WITH LIVE LENNING 30 MIN WORKOUT*	
13:30	REFORMER PILATES WITH LIVE LENNING 30 MIN WORKOUT*					REFORMER PILATES WITH LIVE LENNING 30 MIN WORKOUT*	
14:00			JUMPING FITNESS GOES STRENGTH TRAINING WITH JENNI HÄKKÄ	DANCE LIKE YOU'VE NEVER DANCED BEFORE WITH JENNI HÄKKÄ	HATHA YOGA WITH FRIDA WIRSÉN		
15:00		OLYMPIC LIFTING WITH SARAH KRARUP		STEP CLASS FOR EVERYONE WITH JENNI HÄKKÄ	JUMPING FITNESS GOES STRENGTH TRAINING WITH JENNI HÄKKÄ		
16:00	MEDITATION WITH FRIDA WIRSÉN**	PELVIC PARTY WITH JENNI HÄKKÄ		YINYASA YOGA WITH FRIDA WIRSÉN		PILATES FOR EVERYONE WITH JENNI HÄKKÄ	
20:00	DINNER 18.30-21.00	DINNER 18.30-21.00	DINNER 18.30-21.00	DINNER 18.30-21.00	DINNER 18.30-21.00	DINNER 18.30-21.00	
	HAPPY PELVIS – AWAKE YOUR PELVIS HEALTH WITH JENNI KÄKKÄÄ	SOCIAL EVENING 20:00-23:30	LECTURE WITH SARAH KRARUP 'WORK/TRANING/ FAMILY/BALANCE	SOCIAL EVENING 20:00-23:30	PERFECT CORE LECTURE WITH JENNI HÄKKÄ	SOCIAL GOODBYE DINNER 19:30-21:00	

SOCIAL WELCOME DINNER - FRIDAY AT 19.30 - PALAPA BAR

Restaurant	WOD Box	Reformer Pilates	Sports Zone	Yoga Shala	Pink Platform	Palapa Bar	Conference Room	El Teatro	Beach	Coordinator
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* SIGN-UP REQUIRED

**BRING TOWEL OR BORROW YOGA MAT