

CREW'S TRENINGSSREISE – KRETA JUNI 2025

	Fredag	Lørdag	Søndag	Mandag	Tirsdag	Onsdag	Torsdag	Fredag
07:30				Morning Run	HYROX	Strength & Mobility	Morning Run	TEAMWOD
08:00		Morning Yoga						
08:30								Goodbye Meditation
12:00			Lunch Pilates					
16:00					Sosial Activity		Partner Acro Yoga	
17:00		HITWOD	HYROX	Dumbell Cicut				
18:00	Intro							
19:00	HITWOD							
20:00		Sunset Run		Bedtime Yoga		Night time Pilates		