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Träningsresa Almyra

September 2026

Söndag:

16.00 - 16.45	Tabata	WOD Box	Sara
17.00 - 17.45	Les Mills Body Balance	Pink Platform	Jessica
18.30 -19.15	Välkomstmöte	Baren	Alla
19.15	Middag	Restaurang	Alla

Måndag:

07.00- 07.50	Yoga	Pink Platform	Jessica
07.00 - 07.50	Powerwalk	Receptionen	Sara
08.00 - 08.30	Morning Cardio	Pink Platform	Jessica
10.00 -11.15	TT Mix	Pink Platform	Alla
11.30 - 12.00	Aqua Tabata	Pool	Jessica
15.00 - 15.45	Step	Pink Platform	Sara
15.00 - 15.45	Box	WOD Box	Sara
16.00 - 16.45	Mobility	Pink Platform	Jessica
16.00 - 16.45	Löpskolning	Receptionen	Sara
17.00 - 17.30	Stretch	Pink Platform	Jessica
18.30 - 19.00	Mingel	Baren	Alla
19.00	Middag	Restaurangen	Alla
20.30 - 21.30	Kvällsoverraskning	Konferensen	Alla

Tisdag:

07.00- 07.50	Yoga	Pink Platform	Jessica
07.00 - 07.50	Powertraining	Receptionen	Sara
08.00 - 08.30	Core	Pink Platform	Sara
10.00 - 10.45	Freepower	Pink Platform	Jessica
10.00 - 10.45	Lower body	WOD Box	Sara
11.00 - 11.45	Zumba	Pink Platform	Jessica
11.00 - 11.45	Endurance	Receptionen	Sara
12.00 - 12.30	Aqua	Pool	Jessica
12.00 - 12.45	Styrkeworkshop	WOD Box	Sara
14.30	Promenad till Lerapetra	Receptionen	Alla
18.30	Mingel	Baren	
19.00	Middag	Restaurangen	

Onsdag:

07.00- 07.50	Yoga	Pink Platform	Jessica
07.00 - 07.50	Powerwalk	Receptionen	Sara
08.00 - 08.30	Bootywork	Pink Platform	Sara
10.00 - 10.45	Upper body	WOD Box	Sara
10.00 - 10.45	Les Mills Dance	Pink Platform	Jessica
11.00 - 11.45	HIIT	WOD Box	Sara
12.00 - 12.30	Aqua Tabata	Pool	Jessica
15.00 - 15.45	Kul med Sara	Multicourt	Sara

16.00 – 16.45	Yin Yoga	Pink Platform	Jessica
18.30	Middag	Restaurangen	

Torsdag:

07.00– 07.50	Yoga	Pink Platform	Jessica
07.00 – 07.45	PowerTraining	Receptionen	Sara
08.00 – 08.30	Morning Cardio	Pink Platform	Jessica
10.00 - 10.45	Kettlebells	WOD Box	Sara
10.00 – 10.45	Pilates	Pink Platform	Jessica
11.00 - 11.45	WOD	WOD Box	Sara
11.00 - 11.45	Paryoga	Pink platform	Jessica
12.00 - 12.30	Aqua	Pool	Jessica
14.30	Promenad till vattenfallen	Receptionen	Alla
18.30	Middag	Restaurangen	
20.00	Sunset Yoga	Pink Platform	Jessica

Fredag:

07.00 – 07.50	Yoga	Pink Platform	Jessica
07.00 – 07.50	Powerwalk	Receptionen	Sara
08.00 – 08.30	Core	Pink Platform	Sara
10.00 - 10.45	HX	WOD Box	Sara
10.00 - 10.45	Aerobic	Pink platform	Jessica
11.00 – 11.45	Minibands workshop	Pink platform	Sara
11.00 – 11.45	Spinning	Spinningsalen	Jessica
12.00 – 12.30	Aqua Tabata	Pool	Jessica
15.00 - 15.45	Les Mills BodyPump	WOD Box	Jessica
16.00 – 17.00	Yin Yoga + Yoga Nidra	Pink Platform	Jessica
18.30	Mingel	Baren	
19.00	Middag	Restaurangen	Alla

Lördag:

07.00 – 07.50	Yoga	Pink Platform	Jessica
07.00 – 07.50	Powerwalk	Receptionen	Sara
08.00 – 08.30	Bootywork	WOD Box	Sara
10.00 - 10.45	Les Mills Body step	Pink Platform	Jessica
10.00 - 10.45	Funktionell cirkel	WOD Box	Sara
11.00 - 11.45	Les Mills Body Balance	Pink Platform	Jessica
12.00- 13.00	Finalpass	WOD Box	Alla

Egen Eftermiddag, kanske besöka marknaden i Lerapetra

18.30	Avslutning	Konferensen	Alla
19.00	Middag	Restaurangen	Alla

Söndag:

07.00 – 07.50	Yoga	Pink Platform	Jessica
07.00 – 07.50	Powertraining	Receptionen	Sara

Mindre ändringar kan ske.