



Timeplan Johaug Recharge Fuerteventura 2026

Fredag 13/03

18:00 – 19:00 **RECHARGE KICK-START**
HYBRID COURT

20:00 **MIDDAG**
HOTELLRESTAURANT

Lørdag 14/03

07.00 – 08.00 **LØPSINTERVALLER**
STRANDPROMENADEN

08.00 **FROKOST**
HOTELLRESTAURANT

10.00 – 11.00 **LIFT & LEARN**
WOD BOX

12.30 **LUNSJ**
HOTELLRESTAURANT

15.00 – 16.00 **BOOTCAMP**
WOD BOX

16.00 – 17.00 **CORE & STRETCH**
EL TEATRO

18:30 – 19:30 **FOREDRAG**
SALA ANTIGUA

19:30 **MIDDAG**
HOTELLRESTAURANT

Søndag 15/03

07.00 **FROKOST**
HOTELLRESTAURANT

08.00 – 09.00 **HIIT**
WOD BOX

10.00 – 11.00 **SOFT RUN (TEKNIKK)**
STRANDPROMENADEN

12.30 **LUNSJ**
HOTELLRESTAURANT

16.00 – 17.00 **LIFT HEAVY**
HYBRID COURT

17.00 – 18.00 **CORE & STRETCH**
HYBRID COURT

19:30 **MIDDAG**
HOTELLRESTAURANT

Mandag 16/03

07.00 **FROKOST**
HOTELLRESTAURANT

08.30 **ISLAND EXPLORATION**
VED RESEPSJONEN

12.30 **LUNSJ**
HOTELLRESTAURANT

16.00 – 17.00 **HIIT BOX**
HYBRID COURT

17.00 – 18.00 **BREATHWORK**
YOGA SHALA

19:30 **MIDDAG**
HOTELLRESTAURANT



Tirsdag 17/03

08.00	FROKOST HOTELLRESTAURANT
09.00 – 10.00	STYRKE FOR LØP WOD BOX
10.00 – 11.00	TABATA HYBRID COURT
12.30	LUNSJ HOTELLRESTAURANT
16.00 – 17.00	HIIT & HUSTLE HYBRID COURT
17.00 – 17.30	STRETCH & FLOW YOGA SHALA
18.30	Q&A SALA ANTIGUA
19.30	MIDDAG HOTELLRESTAURANT

Onsdag 18/03

07.00 – 08.00	SUNRISE RUN STRANDPROMENADEN
08.00	FROKOST HOTELLRESTAURANT
10.00 – 11.00	SWEAT CIRCUIT WOD BOX
12.30	LUNSJ HOTELLRESTAURANT
16.00 – 17.00	HIIT BOX HYBRID COURT
17.00 – 18.00	CORE & STRETCH YOGA SHALA
19:30	MIDDAG HOTELLRESTAURANT

Torsdag 19/03

08.00 – 09.00	JOHAUG CHALLENGE I WOD BOX
09.00	FROKOST HOTELLRESTAURANT
10.00 – 12.00	JOHAUG CHALLENGE II HYBRID COURT
12.30	LUNSJ HOTELLRESTAURANT
19:00	MIDDAG HOTELLRESTAURANT

Fredag 20/03

07.30 – 08.30	RECOVERY RUN/STRETCH TBA
TBA	HJEMREISE