

# SCHEMA TRÄNINGSPRESA

Rhodos 7-14 oktober

## Onsdag 7 oktober

15.00–15.45	Cirkel	WOD Box	Camilla
16.00–16.20	Stretch	Pink Platform	Bella
18.15–19.00	Välkomstmöte	Poolbaren	Alla
19.00	Middag	Restaurangen	

## Torsdag 8 oktober

07.00–07.45	Yoga	Pink Platform	Bella
07.00–07.45	Powerwalk	Receptionen	Karin
10.00–11.15	Mixpass	Pink Platform	Alla
11.30–12.00	Aqua	Pool	Karin
13.00	Lunch		
15.00–15.45	Zumba	Pink Platform	Karin
15.00–15.45	CF	WOD Box	Camilla
16.00–16.45	LM Pilates	Pink Platform	Bella
19.00	Middag	Restaurangen	
20.30	Kvällsoverraskning	Pink Platform	



## Fredag 9 oktober

07.00–07.45	PowerTraining	Receptionen	Camilla
07.30–08.00	Morning Cardio	Pink Platform	Karin
10.00–10.45	Challenge	WOD Box	Camilla
10.00–10.45	LM Dance	Pink Platform	Karin
11.00–11.45	Bodypump	WOD Box	Bella
12.00–12.45	Core Soft	Pink Platform	Bella
12.15–12.45	Aqua Tabata	Pool	Karin
13.00	Lunch		
15.00–15.45	Tabata	WOD Box	Camilla
15.15–15.45	Bootywork 30	Pink Platform	Bella
16.00–16.30	Stretch	Pink Platform	Karin
19.00	Middag	Restaurangen	

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## Lördag 10 oktober

07.00–07.45	Core Soft	Pink Platform	Karin
07.00–07.45	Powerwalk	Receptionen	Camilla
09.00–09.30	Morning Cardio	Pink Platform	Karin
10.00–10.45	Bodyjam	Pink Platform	Bella
11.00–11.45	CF-team	WOD Box	Camilla
11.00–11.45	Bootywork	Pink Platform	Bella
12.00–12.45	Spinning (bokas)	Spinn	Karin
12.15–12.45	Aqua	Pool	Bella
13.00	Lunch		
15.00	Promenad in till stan		
19.00–21.00	Middag		

## Söndag 11 oktober

07.00–07.45	Morning Pilates	Pink Platform	Bella
07.00–07.45	PowerTraining	Receptionen	Karin
08.00–08.45	Cirkel	WOD Box	Camilla
10.00–10.45	Box	Pink Platform	Karin
10.00–10.45	Bootcamp	Samling	Camilla
11.00–11.45	Step	Pink Platform	Karin
11.00–11.45	CF	WOD Box	Camilla
12.15–12.45	Aqua Tabata	Pool	Bella
13.00	Lunch		
15.00–15.45	Strength Development	WOD Box	Camilla
15.00–15.45	Bodyattack	Pink Platform	Bella
16.00–16.20	Stretch	Pink Platform	Bella
18.00–19.00	Föreläsning	Konferensen	Karin
19.00	Middag	Restaurangen	

## Måndag 12 oktober

07.00–07.45	Yoga	Multicourt	Bella
07.00–07.45	Powerwalk	Receptionen	Camilla
09.00–09.30	Morning Cardio	Pink Platform	Karin
10.00	Promenad till Klostret		Karin
13.00	Lunch		
15.00–15.45	Cirkel TEAM	WOD Box	Camilla
15.00–15.45	Aerobic	Pink Platform	Karin
16.00–16.30	Core Soft	Pink Platform	Bella
16.35–17.00	Stretch	Pink Platform	Bella
19.00	Middag	Restaurangen	Alla
20.15	Aktivitet	Pink Platform	

## Tisdag 13 oktober

07.00–07.45	Core Soft	Multicourt	Bella
07.00–07.45	Powerwalk	Receptionen	Karin
08.00–08.30	Tabata	WOD Box	Camilla
10.00–10.45	Zumba	Pink Platform	Karin
11.00–11.45	Spinning	Spinn	Karin
11.00–11.45	Pilates	Pink Platform	Bella
12.15–12.45	Aqua Tabata	Pool	Camilla
13.00	Lunch		
15.00–16.00	CF	WOD Box	Camilla
15.00–15.45	Box	Pink Platform	Karin
16.00–16.45	Yoga	Pink Platform	Bella
18.30	Avslutning	Meltini baren	
19.15	Middag	Restaurangen	

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## Onsdag 14 oktober

*Dags för hemfärd!*

*Mindre ändringar i träningsprogrammet kan ske.*



**FILBORNA  
ARENA**