

Hotel name: Aqua Vista

Date:	09.11. Wednesday	10.11. Thursday	11.11. Friday	12.11. Saturday	13.11. Sunday	14.11. Monday	15.11. Tuesday	16.11. Wednesday	17.11. Thursday
07.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
07:15-07:55		Morning Yoga (40 min) Siri	Morning Yoga (40 min) Siri	Morning Yoga (40 min) Siri	Bodybalance/flow (40 min) Siri	Morning Yoga (40 min) Siri	Morning Yoga (40 min) Siri	Bodybalance/flow (40 min) Siri	
9:30			Booty (30 min) Christina					Circle training (30 min) Christina	Functional (50 min) Michaela
10:00		Run technique (50 min) Christina		HIIT (30 min) Christina	Run technique (50 min) Christina	Circle training (30 min) Christina	Run interval (50 min) Christina		
10:30			Run interval (50 min) Christina						
11.00-11:50		Core (30 min) Christina		Crossfit light (50 min) Christina	Functional (50 min) Michaela	Power arms (30 min) Christina	Body pump (50 min) Siri		
11:30-12:00									
12.00-14.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14.00-15:00	Arrival GOT 14:10	Arrival ARN 14:50	Service desk Michaela			Service desk Michaela			
14:20		TABATA (30 min) Sara	HIIT (30 min) - Christina	Power arms (30 min) Christina	Core (30 min) Christina	Booty (30 min) Christina	TABATA (30 min) Sara		
15:00					Step (40 min) Siri	Step (40 min) Siri			
15.10-15:40	Arrival CPH 15:00		unctional (30 min) Michaela	Circle Training (30 min) Christina			Core (30 min) Christina	Departure GOT 15:20 Departure CPH 16:00	Departure ARN 15:50
15:30									
16.15-17.05		Crossfit light (50 min) Christina	Beach bootcamp (50 min) Christina	Bodypump (50 min) Siri	Beach bootcamp (50 min) Christina	TABATA (30 min) Sara	Beach bootcamp (50 min) Christina	Functional (50 min) Michaela	
17.15-17:55		Stretch and Relax (40 min) Siri	Bodybalance/flow (40 min) Siri	Stretch and Relax (40 min) Siri	Stretch and Relax (40 min) Siri	Bodybalance/flow (40 min) Siri	Stretch and Relax (40 min) Siri		
18.15	Guided hotel tour	Guided hotel tour							
18:45		Welcome Meeting at 'Sportsbar'		Lecture with Sara in 'Sportsbar' From couch potato to gym rat		Lecture with Christina in 'Sportsbar' Exercising trough a life crisis			
19.45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	CPH 15:00 / GOT 14:10	ARN 14:50						CPH 16:00 / GOT 15:20	ARN 15:50

Program is subject to changes.

Beach Area	Conference room
Multicourt	Restaurant
Pink Platform	WOD box
Pool	
Reception	

Instructor flights:
Siri, GOT 09.11-16.11
Sara, CPH, 09.11-16.11
Christina, CPH, 09.11-16.11
Michaela, ARN, 09.11-16.11