

[illegible]

Friday 08/11	Saturday 09/11	Sunday 10/11	Monday 11/11	Tuesday 12/11	Wednesday 13/11	Thursday 14/11	Friday 15/11
	13:30-14:30 Pump Esther	13:30-14:00 Booty Christina		14:00-15:00 Pump Esther		13:00-13:45 Cardio & Strength Christina	
15:05 ARN airport arrival	14:00-15:00 *Aerial Yoga* Ida	14:00-14:45 Afrodance Malena	14:00-14:45 Step Ida	15:00-15:30 Aqua Fit OPEN Malena	14:00-15:00 *Aerial Yoga* Ida	14:00-14:45 Circuit at beach Helene	
	15:00-15:45 Functional Malena		15:00-15:30 Aqua Fit OPEN Malena	15:45-16:30 Beach bootcamp Christina	15:00-15:30 Aqua Fit OPEN Malena	15:00-15:45 Step Ida	
	16:00-16:45 Running technique Esther	15:00-15:45 Body flow/ balance Esther	15:00-16:00 Weight training Christina	16:30-17:00 *TRX* Ida	15:00-16:00 X-fit light Christina	16:00-16:45 Interval running Esther	
	16:00-16:30 *Swim* Christina			17:00-17:30 *TRX* Ida			
17:30 Welcome meeting. Guided trip around the hotel	17:00-17:45 X-fit light Christina	16:00-16:45 Beach circuit Helene	16:30-17:30 Easy dance moves Malena	17:00-18:00 Run + strength Esther	17:00-18:00 Body balance/flow Esther	17:00-18:00 Afrodance/ Drumz Malena	
	18:00-18:30 Cool down Helene	17:00-18:00 Cardio & Strength Christina	17:30-18:00 Cool down Helene	18:00-18:30 Cool down Malena		18:00-18:30 Cool down Helene	
19:00 Dinner	19:30 Dinner	19:00 Dinner	19:00 Dinner	19:30 Dinner	19:00 Dinner	19:30 Dinner	
		20:15-21:15 Lecture: "From couch potato to gym rat" with Sara	20:15-21:15 Lecture: "Be a happy and healthy runner" with Esther		20:15-21:15 Lecture: "How to prevent stress via exercise" with Christina		

Restaurant	WOD box	Beach area	Sports zone	Pools	Pink Platform	Reception	Conference room	The RIG, TRX TRX area	El teatro	Yoga Shala
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SIGN UP CLASSES