

Saturday 20th April	Sunday 21st April	Monday 22nd April	Tuesday 23rd April	Wednesday 24th April	Thursday 25th April	Friday 25th April	Saturday 26th April
Arrival Day				07:30 - 15.15 Imbros Excursion Irene & Martin		09:15-11:15 Nature Hike Martin & Irene	Departure Day
ARN lands 10:40	07:30-08:00 Morning Walk Irene	07:30-08:00 Morning Run Irene			07:30-08:00 Morning Run Irene		07:30-08:15 Morning Gym Inger
CPH lands 11:45	07:30-08:00 Morning Yoga Susanne	07:30-08:00 Morning Yoga Susanne	07:30-08:00 Morning Yoga Susanne	07:30-08:00 Morning Yoga Susanne	07:30-08:00 Morning Yoga Susanne	07:30-08:00 Morning Yoga Susanne	07:30-08:00 Morning Yoga Susanne
OSLO lands 11:25	07:30 - 10:00 Breakfast	07:30 - 10:00 Breakfast	07:30 - 10:00 Breakfast	07:30 - 10:00 Breakfast	07:30 - 10:00 Breakfast	07:30 - 10:00 Breakfast	07:30 - 10:00 Breakfast
Billund lands 22:15	09:15-10:15 Welcome Meeting	(09:00-11:00) MTB Beginner* Martin & Niels	(09:00-11:00) MTB Beginner * Martin & Niels		09:15-10:00 Beach Intervaller Irene & Martin	09:15-10:00 BodyPump * Siri	(09:00-11:00) MTB Easy Tour* Martin & Niels
	10:15-11:00 Team Activity Siri & Irene	09:15-10:00 BodyPump * Siri	09:15-10:00 Heart Beat Inger	09:15-10:00 Aerobic Dance Nette	09:15-10:00 Heartbeat Inger	10:15-11:00 Core Nette	
	10:15-11:00 Team Activity Martin & Susanne	10:00-10:45 Tabata Nette	10:00-10:45 Circuit Inger	10:00-10:30 Core Nette	10:15-11:00 Team WOD Nette	11:00-11:45 Step * Siri	
	11:15-12:00 Circuit Inger	10:45-11:30 Strenght Inger	11:15-12:00 Body Balance Siri	11:00-11:45 Step * Siri	11:00-11:30 Core Nette	11:45-12:30 Step * Siri	
	12:15-12:45 Aqua Fit Nette	12:15-12:45 Aqua Fit Siri	12:15-12:45 Aqua Fit Nette	11:45-12:30 Step * Siri	12:15-12:45 Aqua Fit Siri	12:15-12:45 Aqua Fit Nette	

Almyra Terrace
Beach Area
Multicourt
Pool
Hike & Bike
Reception

* Anmälan

	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
	14:00-14:45 Service Desk Nette	14:00-14:45 HIIT Siri	(14:00-16:00) Vandring till byn Irene & Martin		(14:00-16:00) MTB Easy Tour* Martin & Niels	14:00-14:45 Fit Rope Fun * Inger	
15:00-15:30 Service Desk Nette	14:00-14:45 Soma Move Inger	15:00-15:45 Fit Rope Fun * Inger	15:00-15:45 Aerobic Dance Nette	15:00-15:45 Beach Bootcamp Inger	14:00-14:45 Step * Siri	14:45-15:15 Mind & Move Inger	
15:45-16:30 Body Balance Siri	15:00-15:45 Beach Bootcamp Inger	16:00-16:45 Beach Intervalls Irene & Martin	15:45-16:30 HIIT Siri	16:00-16:45 SomaMove Inger	14:45-15:30 Step * Siri	15:15-16:00 Aerobic Dance Nette	
16:45 - 17:30 Circuit Inger	16:00-16:45 Aerobic Dance Nette			16:00-16:45 BodyPump * Siri	16:00-16:45 Strength Inger	16:00-16:45 Tabata Nette	ARN deps 11:40
17:45-18:30 Cool Down Yoga Susanne	17:00-18:30 Yoga Workshop Neck, Back & Shoulders Susanne	17:00-17:45 Cool Down Yoga Susanne	17:00-17:45 Cool Down Yoga Susanne	17:00-17:45 Cool Down Yoga Susanne	17:00-17:45 Body Balance Siri	17:00-18:15 Workshop Feets Hips & Balance Suanne	Billund deps 12:45
		18:30-19:30 Lecture Gut Health Irene	18:30-19:45 Anti Inflammatory Diet Martin		18:30-19:30 Breath Workshop Susanne		AES deps 16:20
19:00-20:30 Dinner Main Restaurant	19:00-20:30 Dinner Main Restaurant	20:00-21:00 Dinner Main Restaurant	20:00-21:00 Dinner Main Restaurant	19:00-20:30 Dinner Main Restaurant	20:00-21:00 Dinner Main Restaurant	19:00 Dinner Beach Restaurant	CPH deps 13:15/ 23:15
							OSLO deps 12:25 TRD deps 23:15 EVE deps 15:30