

SCHEMA #MOVEMENTTOGETHER 18-25 SEPTEMBER 2018

	TISDAG 18/9	ONSDAG 19/9	TORSDAG 20/9	FREDAG 21/9	LÖRDAG 22/9	SÖNDAG 23/9	MÅNDAG 24/9	TISDAG 25/9					
06.00								06.00 Hemresa, frukost på bussen					
07.00		07.00–07.45 Yoga	07.00–07.45 Run/Walk	07.00–07.45 Yoga	07.00–07.45 Run/Walk	07.00–07.45 BODYBALANCE	07.00–07.45 Run/Walk	07.00–07.45 Yin Yoga	07.00–07.45 Run/Walk	07.00–07.45 BODYBALANCE	07.00–07.45 Run/Walk	07.00–07.45 Yoga	07.00–07.45 Run/Walk
08.00		07.30–10.30 Frukostbuffé		07.30–10.30 Frukostbuffé		07.30–10.30 Frukostbuffé		07.30–10.30 Frukostbuffé		07.30–10.30 Frukostbuffé		07.30–10.30 Frukostbuffé	
09.00		09.00–09.45 Cardio Step	09.00–09.45 Cross Cage		09.00–09.45 Dance	09.00–09.45 Core	09.00–09.45 Booty Move	09.00–09.45 Cross Cage				09.00–09.45 BODYATTACK	09.00–09.45 Barre
10.00							09.00–12.00 Vandring till Losinj						
11.00		10.30–11.15 Aqua		09.00–14.00 Båttutflykt till Susak	10.30–11.15 Aqua		10.30–11.15 Aqua					10.30–11.15 Aqua	
12.00													
13.00		12.00–12.30 Core Move			12.00–12.45 Les Mills TONE		12.00–12.45 Crosschallenge		12.00–12.45 Aqua		12.00–12.45 Rörlighetsträning		
14.00		13.00–15.00 Lunch		13.00–15.00 Lunch		13.00–15.00 Lunch		13.00–15.00 Lunch		13.00–15.00 Lunch		13.00–15.00 Lunch	
15.00													
16.00													
17.00	17.00 Ankomst till hotellet	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop	15.30–16.15 Workshop
18.00	17.30–18.15 Gemensam träning	16.30–17.15 HIIT	16.30–17.15 Pilates	16.30–17.15 CXWORX	16.30–17.15 CrossChallenge	16.30–17.15 Running	16.30–17.15 Dance	16.30–17.00 CXWORX	16.30–17.15 Move Together	16.30–17.15 Les Mills TONE	16.30–17.15 Booty Move	16.30–17.15 Les Mills TONE	16.30–17.15 Booty Move
19.00		17.30–18.15 Crosschallenge		17.30–18.15 Dance	17.30–18.15 BODYATTACK		17.30–18.15 Cardio Step		17.30–18.00 HIIT		17.30–18.15 Team Challenge		
20.00	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag	20.00 Middag
21.00													