

Friday 10/11	Saturday 11/11	Sunday 12/11	Monday 13/11	Tuesday 14/11	Wednesday 15/11	Thursday 16/11	Friday 17/11
	14:45-15:30 Beach bootcamp Helene	13:30-15:00 Yoga Workshop: Hips Annika	15:00-15:40 Easy dance moves Malena	14:15-14:45 Aqua Fit Malena	14:30-15:00 Aqua Fit Malena	14:15-15:30 Beach Bootcamp Helene	
				15:00-16:30 Yoga Nidra (relaxing) Annika		16:00-16:45 Afrodance Malena	
	16:00-16:30 Swimming* Christina	15:10-15:50 CrossFit Light Christina	15:50-16:20 Cardio and strength Christina	15:45-16:45 Beach bootcamp Christina	16:00-16:30 Core Malena	16:45-17:15 Booty Christina	
	16:00-16:45 Easy Dance moves Malena	16:00-16:45 Afrodance Malena	16:30-17:00 Core Helene	17:00-18:00 Functional + mobility Helena	17:00-17:45 CrossFit light Christina		
17.30-19.00 Welcome meeting + Guided trip around the hotel	17:00-18:00 The basics of yoga Annika	17:00-17:45 Medical yoga Helene	17:15-18:00 Cool Down Yoga Annika			17:00-17:45 Medical yoga Helene	17:30-18:15 Cool down yoga Annika
18:45-21:15 Dinner	18:45-21:15 Dinner	18:45-21:15 Dinner	18:45-21:15 Dinner	18:45-21:15 Dinner	18:45-21:15 Dinner	18:45-21:15 Dinner	
		20:00-21:00 Lecture: From couch potato to gym rat Sara	20:00-21:00 Lecture: Exercise your vagus nerve to gain mental health Christina		20:00-21:00 (aparthotel side) Lecture: The impressive effects of yoga Annika		

*Sign up is needed

Restaurant	Apart hotel rooftop	WOD box	Beach area	Sports zone	Pool	Plaza rambla	Reception	Conference room	El teatro
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