

Sivota Retreat

September 2024

Måndag:

16.00- Välkomstmöte	Receptionen	Alla
17.00 – 17.45 Funktionell cirkel	Box	Frida
17.45 – 18.15 Stretch & Relax	Box	Frida
19.30 Middag	Restaurang	Alla

Tisdag:

07.00 – 08.00 Yoga	Fitness	Kristofer
07.15 – 08.00 Powerwalk	Receptionen	Frida
08.15 – 08.45 Core Connect	Fitness	Kristofer
10.00 – 11.15 TT Mix	Fitness	Alla
11.30 - 12.00 Aqua	Pool	Kristofer
15.00 - 15.45 Freepower	Fitness	Kristofer
16.00 - 16.45 Styrkeworkshop	Box	Frida
17.00 - 17.30 Stretch	Box	Frida
18.30 - 19.00 Mingel	Poolbaren	Alla
19.00 - Middag	Restaurangen	Alla
20.30 - Kvällsoverraskning	Restaurangen	Alla

07.00– 08.00 Yin Yoga	Fitness	Kristofer
07.15 - 08.00 Powertraining	Receptionen	Frida
08.15 – 08.45 Bootywork	Fitness	Frida
10.00 - 10.45 Les Mills Dance	Fitness	Kristofer
10.00 - 10.45 Tabata	Box	Frida
11.00 - 11.45 Funktionell Styrka	Box	Frida
12.00 - 12.30 Aqua	Pool	Kristofer
15.30 – ca 17.30 Vandring	Receptionen	Alla
19.00 - Middag	Restaurangen	

Torsdag:

07.00– 08.00 Yoga	Fitness	Kristofer
07.15– 08.00 Powerwalk	Receptionen	Frida
08.15 – 08.45 Morning Cardio	Fitness	Frida
10.00 - 10.45 Soma Move	Fitness	Kristofer
11.00 - 11.45 Les Mills BodyPump	Box	Frida
11.00 – 11.45 Freepower	Fitness	Kristofer
12.00 – 12.30 Aqua	Pool	Kristofer
15.30 – 16.15 Minibands workshop	Box	Frida
16.15 – 16.45 Stretch & Relax	Box	Frida
19.00 - Middag	Restaurangen	

Fredag:

07.00 – 08.00 Yin Yoga	Fitness	Kristofer
07.30 – 08.00 Powerwalk	Receptionen	Frida
08.15 – 08.45 Core Connect	Fitness	Kristofer
10.00 - 10.45 Les Mills BodyAttack	Box	Kristofer
11.00 - 11.45 Les Mills Dance	Fitness	Kristofer
11.00 - 11.45 Bootcamp	Box	Frida
12.00 – 12.30 Aqua	Pool	Kristofer
15.00 - Cykeltur (Bokas)	Cykelstation	
19.00 Middag	Restaurangen	

Lördag:

07.00 – 08.00 Yoga	Fitness	Kristofer
07.15 – 08.00 Powertraining	Receptionen	Frida
08.15 – 08.45 Bootywork	Fitness	Frida
10.00 - 10.45 WOD	Box	Frida
11.00 – 11.45 Freepower	Fitness	Kristofer
12.00 – 12.30 Aqua	Pool	Kristofer
15.30 - 16.15 Latin Rhythms	Fitness	Kristofer
15.30 - 16.15 Step	Box	Frida
16.30 - 17.15 Mobility	Fitness	Frida
19.00 - Middag	Restaurangen	Alla
20.30 - Kvällsoverraskning	Restaurangen	Alla

Söndag:

07.00 – 08.00 Yin Yoga	Fitness	Kristofer
07.15– 08.00 Powerwalk	Receptionen	Frida
08.15 – 08.45 Morning Cardio	Fitness	Frida
10.00 – 10.00 Tabata	Fitness	Kristofer
10.00 - 10.45 Les Mills BodyCombat	Box	Frida
11.00 - 11.45 HIIT	Box	Frida
11.00 - 11.45 Yogaworkshop	Fitness	Kristofer
12.00- 13.00 Finalpass	Box	Alla
16.30 Vinprovning (Bokas)	Terassen	Alla
18.30 - Avslutning	Konferensen	Alla
19.15 - Middag	Restaurangen	Alla

Måndag:

07.00 – 08.00 Yoga	Fitness	Kristofer
07.15– 08.00 Powerwalk	Receptionen	Frida

Dags för hemresa!

Mindre ändringar i schemat kan förekomma