IFORM Schedule

Time	Day and date Sat 2021-10-02	Day and date Sun 2021-10-03	Day and date Mon 2021-10-04	Day and date Tue 2021-10-05	Day and date Wed 2021-10-06	Day and date Thu 2021-10-07	Day and date Fri 2021-10-08	Day and date Sat 2021-10-09
ARR DEP					Imbros Gorge Excursion Pick-up Hotel: 08:35 Hike: 10:30-14:30 Return Hotel: 17:30 Hotel: 18.30			
07:30-08:00		Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk	Morning Run + Walk
07:30-08:15		Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
08:00-10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-11:00		WELCOME (45 min)	Mountainbike* Beginners (90 min)	Mountainbike* Beginners (90 min)		Mountainbike* Intermediate level	Mountainbike* Intermediate level	
09:00-10:00			Bodybalance	Pilates				
10:00-11:00		Tabata	Beach Bootcamp	Strength Workshop* (90 min)	Booty (30 min) Core (30 min)	Circle Training	Booty (30 min) Core (30 min)	Circle Training
10:00-11:00		Booty (30 min)				Bodybalance		
10:30-12:00			Mountainbike* Beginners	Mountainbike* Beginners				
11:00-12:00		Dance	Dance		Powerstep* (45 min)		Dance	Pilates
11:00-12:00		Running technique* (90 min)			Energy Yoga	Core (30 min)	Tabata	
11:30-12:00			Core (30 min)	HIIT (30 min)		HIIT (30 min)		
12:30-14:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13.30-14:00		Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	
14.00-16.00			Hike (2 h)					
14:30-15:30	Guided tour (30 min) CPH & STHLM	TRX* (30 min) TRX* (30 min)	Powerstep* (45 min)	TRX* (30 min) TRX* (30 min)	Pump*	TRX* (30 min) TRX* (30 min)	Circle Training	
14:30-15:30		Circuits Training (45 min)	Functional Workout	Fun Beach Intervals	Beach Bootcamp	Interval Running	Running technique* (90 min)	
14:30-15:30						Powerstep* (45 min)		
15:40-16:40	Fun Beach Intervals	Volleyball	Volleyball	Volleyball		Volleyball	Volleyball	
15:40-16:40		Pump*	TRX* (30 min) TRX* (30 min)	Beach Bootcamp	Bodybalance	Functional Workout		
16:00-16:30	Guided tour (30 min) OSLO							
16:45-17:30	Cool Down Yoga	Cool Down Yoga	Yoga for Neck, back, shoulders 16.00	Yoga for runners and walkers 16.00	Cool Down Yoga	Stretch & Relax (45 min)	Cleansing Twists Yoga 16.00	
18:30-19:30		Lecture: Anti-inflammatory diet and lifestyle		Lecture: How to get an exercise routine		Lecture: How to use yoga in everyday life	Lecture: How to get healthy eating habits	
19:30-21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:30-21:30								

*Limited amount of participants possible. Please make a reservation on the reservation sheet!

INSTRUCTOR
KRISTIN
MARTIN
SARA
SUSANNE
MICHAELA
SIRI

AREA CODE	AREAS AVAILABLE	RESTRICTIONS	LOCATION	SURFACE	NOTE	NR on MAP
REC	RECEPTION		HOTEL		Meetup point	2
LAWN	TERRACE		HOTEL		Mingle	
RES	RESTAURANT		HOTEL		Breakfast, lunch and dinner	7
ALM	ALMYRA TERRACE		BEACH AREA	Bricks	Classes	9
CH	CHURCH		OLIVE PLANTAGE	Hardcourt	Running	33
MC	MULTICOURT		SPORTS AREA	Plastic grass	Classes	34
BEA	BEACH		BEACH AREA	Sand	Volleyball and beach activities	35
CON	CONFERENCE		HOTEL		Welcome meeting and lectures	43