

Hotel name: Pilot Beach

Date:	Saturday 30/4	Sunday 31/4	Monday 1/5	Tuesday 2/5	Wednesday 3/5	Thursday 4/5	Friday 5/5	Saturday 6/5
		Nature hike with Martin 14.00-16.00		<b>Imbros Excursion</b>		Urban hike with Martin. 09.00-12.00		
07.30-08.00		Morning Walk Sara	Morning Run Inger		Morning Walk Sara	Morning Run Inger	Morning Walk Sara	Morning Workout (45 min) Inger
07.30-08.15		Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	Morning Yoga Susanne	
07.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Frukost
09.00-10.00		Pump* Siri	Functional Michaela		Functional Michaela	Pump* Siri	Pump* Siri	
09.00-10.30		Welcome meeting + guided tour	Mountainbike beginners* Martin		Mountainbike intermediate* Martin		TBA Martin	
10.00-10.30			SomaMove (45 min) Inger	BootCamp Michaela	Strength and Flexibility (45 min) Inger	BootCamp Michaela	Tabata - Siri	
10.30-11.00		Core - Inger					Powerstep* - Siri	Core - Siri
10.30-12.00			Mountainbike beginners* Martin		Mountainbike intermediate* Martin			OSL 12:25, GOT 13:05
11.00-11.30	OSL 11:25, ARN 12:05	Powerstep* - Siri	Body Pump* Siri	Booty - Inger	HIIT - Siri	Strong Runner- Inger	Beach Bootcamp Inger	Gentle Yoga Susanne
11.30-12.00		HIIT - Siri		Strong Runner - Inger	Tabata - Siri	Core - Inger		
12.00-14.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14.00-14.30		Service desk Michaela	Service desk Michaela				Aqua (30 min) Siri	
14.30-16.00		Strength Workshop* Inger	Running Technique Martin		Running Technique Martin	Strength Workshop* Inger		
15.00-16.00		Aqua (30 min) Siri	Body Balance Siri	Pilates Siri	Body Balance Siri	Pilates Siri	SomaMove (45 min) Inger	
16.00-17.00	Guided tour OSL & ARN	Volleyball Sara	Circle training Inger	Beach Bootcamp Inger	Circle training Inger	Volleyball Sara	Fun Beach Intervals Martin	
16.00-17.30			Yoga Workshop: Neck, back and shoulders. Susanne	Yoga Workshop: Cleansing twists. Susanne	Yoga Workshop: For runners and walkers. Susanne			
17.00-17.45	Stretch and Relax Inger	Stretch and Relax Siri				Cool Down Yoga Susanne	Cool Down Yoga Susanne	
18.45-19.45		Lecture: Become familiar with your breathing Susanne		<b>18.15</b> Lecture: Anti-inflammatory lifestyle and diet. Martin (1,5h)		Lecture: How to get an exercise routine Sara		
20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

CPH 21:30, GOT 22:40

CPH 23:45 & GOT 23:40

Program is subject to changes.

Beach Area	Conference room
Multicourt	Restaurant
Almyra Terrace	No area needed, meet in the reception
Pool	