

Tid	Cycling	Yogasalen	Arenan	Outdoor	Gymmet	Simhall	Föreläsning
fredag							
15.30 Mingel							
16.00-17.00		Vinyasa Yoga / Sam Aziz	Love to Dance / Susanna Göransson	Outdoor Running Åre Edition/ Stefan Bjerkegren	Prformance High Intensity/ Lina Kanrell		
17.00-18.00	Thank god its friday/ Jessica Larsson	BODYBALANCE / Emmy Örn	BODY COMBAT / Tepp Sangasri			SUP Yoga/ Jennie Bennermalm	Kost och Prestation/ Emanuel Widmark
18.00-19.00		Procedos Platform9 pass / Jenny Ahlin	Sh'Bam/ Dorotka Baburin			SUP Yoga/ Miranda Ericsson	
19.30 Middag							
lördag							
07.00	Cycling/ Jennie Bennermalm	Morning Glory Yoga / Blossom Tainton	Absolution / Andreas Wester	Morgonjogg i soluppgång/ Stefan Bjerkegren		SUP Yoga/ Miranda Ericsson	
08.00	The Sunrise/ Marco Lucisano	Trigger Point Special/ Rebecka Åkerdahl	Procedos Platform9 pass / Jenny Ahlin				
09.00		Global Yoga / Miranda Ericsson	BODY JAM / Dorotka Baburin	Outdoor Crosstraining/ Nardono Nimpuno och Rebecka Åkerdahl	Prformance High Intensity/ Lina Kanrell	SUP Strenght/ Jennie Bennermalm	
10.15	Cykling HIT / Andreas Wester	Yoga gentle flow / Sam Aziz	Bootylicious 2.0 (Workshop) / Emmy Örn			SUP Strenght/ Jennie Bennermalm	
11.30							Kost och Prestation/ Emanuel Widmark
13.00	Interval - Hill to flat-repeats/Marco Lucisano	FLX / Jessica Larsson	Off Pist SATS Åre / Monica Norberg Jennie Bennermalm	Outdoor Team Workout (crosstraining i par)/ Lina Kanrell	Procedos Platfom9 "WORKSHOP PT-träning"/ Jenny Ahlin & Hans	SUP Yoga/ Miranda Ericsson	
14.15		Pilates / Susanna Göransson	BODY COMBAT / Tepp Sangasri	Outdoor Running - Löpteknik/ Stefan Bjerkegren	Procedos Platfom9 "WORKSHOP PT-träning"/ Jenny Ahlin & Hans	SUP Strength/ Anna Johansson	
15.45	Cycling HIT / Emmy Örn	Yin Yoga / Sam Aziz	Dance Club /Dorotka Baburin	Egen tid för att upptäcka fjället	Workshop: Bli mästare på Squats/ Nardono Nimpuno	SUP Strength/ Anna Johansson	
17.00		Soul flow yoga / Blossom Tainton	Zumba / Susanna Göransson		Team-workout (crosstraining i par)/ Lina Kanrell		
Bad, season sauna, relax							
19.30 Middag							
söndag							
07.00-08.00	Time to wake up / Andreas Wester		Morning Glory Yoga / Blossom Tainton			SUP Yoga/ Miranda Ericsson	
08.00-09.00		Procedos Platform9 pass / Jenny Ahlin	Bootylicious / Emmy Örn	Morgonjogg i soluppgång/ Marco Lucisano		SUP Yoga/ Miranda Ericsson	
09.00-10.00			Shape / Rebecka Åkerdahl				M.U.M.S Mat-Umgänge-Motion-Sömn/ Blossom Tainton
10.15-11.15		FLX / Jessica Larsson	BODY COMBAT / Tepp Sangasri	Outdoor Team Workout (crosstraining i par)/ Lina Kanrell	Prformance High Intensity/ Nardono Nimpuno		