

IFORM Schedule

Time	Day and date Sat 2019-04-21	Day and date Sun 2019-04-28	Day and date Mon 2019-04-29	Day and date Tue 2019-04-30	Day and date Wed 2019-05-01	Day and date Thu 2019-05-02	Day and date Fri 2019-05-03	Day and date Sat 2019-05-04	INSTRUCTOR
ARR DEP	CPH 11:10 STHLM 12:05 BLL 22:10 GOT 22:40 OSL 14:25				Imbros Gorge Excursion Pick-up Hotel: 08:35 Hike: 10:30-14:30 Return Hotel: 17:30 Hotel: 18.30			CPH 12:10 STHLM 13:05 BLL 23:10 GOT 23:40 OSL 15:25	MARTE MARTIN SARA SUSANNE
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	Morning Run + Walk	MICHAELA
07:30-08:15	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	MIA
08:00-10:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	ALL
09:00-10:45	Welcome (45 min)	Mountainbike* Beginners	Mountainbike* Beginners	Circuits training (45 min)	Mountainbike* Intermediate level	Mountainbike* Intermediate level	Mountainbike* Intermediate level	Mountainbike* Intermediate level	
10:00-11:00	Natural Movement Training	TRX* (30 min)	TRX* (30 min)	Core	Tabata	Pump	Core	Dance	
11:00-12:00	Dance	Fun Beach Intervals	Circuits With Weight	Powerstep* (30 min) Powerstep* (30 min)	Core	Circuits With Weight	Circuits For Runners		
11:15-12:00	Running Technique	Running Technique	Action Training	Energy Yoga	Action Training	Beach Training	Beach Training		
12:30-14:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00-14:00	Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	Servicecenter	
14:30-15:30	Guided tour (30 min) CPH & STHLM	TRX* (30 min)	Powerstep* (30 min)	TRX* (30 min)	Combat	TRX* (30 min)	Powerstep* (30 min)	Tabata	
14:30-15:30	Functional Training	Tabata	Interval Running	Beach Training	Natural Movement Training	Running Technique			
15:30-16:30	Fun Beach Intervals	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball		
15:40-16:40	Core	Pump	Combat	Dance	Pump	Functional Training	Pump	Functional Training	
16:00-16:30	Guided tour (30 min) OSLO								
16:45-17:30	Cool Down Yoga	Cool Down Yoga	Yoga for runners 16.00	Yoga for neck and shoulders 16.00	Cool Down Yoga	Stretch & Relax	Cleansing Twists Yoga 16.00	Stretch & Relax	
18:30-19:30	Lecture: Anti-inflammatory diet		Lecture: Learn to love to exercise		Lecture: Pain free with every day yoga	Lecture: Mental training			
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!

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

