

Saturday 02 May	Sunday 03 May	Monday 04 May	Tuesday 05 May	Wednesday 06 May	Thursday 07 May	Friday 08 May	Saturday 09 May
Arrival Day!				07.30-15.15 Imbros Excursion Irene, Martin & Marianne**		09.15-11.15 Nature Hike Martin, Marianne & Irene	Departure Day!
SVG – 05.55 ARN – 10.40		07.30-08.00 Morning Run Irene	07.30-08.00 Morning Run Elin	07.30-08.00 Morning Run Elin	07.30-08.00 Morning Run Irene		07.30-08.15 Morning Gym Inger
OSL – 11.25 CPH – 11.45	07.30-08.00 Morning Yoga Susanne	07.30-08.00 Morning Yoga Susanne	07.30-08.00 Morning Yoga Susanne	07.30-08.00 Morning Yoga Susanne	07.30-08.00 Morning Yoga Susanne	07.30-08.00 Morning Yoga Susanne	07.30-08.00 Morning Yoga Susanne
TRD – 22.15	07.30-10.00 Breakfast	07.30-10.00 Breakfast	07.30-10.00 Breakfast	07.30-10.00 Breakfast	07.30-10.00 Breakfast	07.30-10.00 Breakfast	07.30-10.00 Breakfast
					09.15-10.00 Mini Bands Training* Inger		
BLL – 22.15 GOT – 22.40	09.15-10.30 Wecome Meeting Irene	(09.00-10.30) MTB Beginner* Martin & Marianne	(09.00-11.00) MTB Easy Tour* Martin & Marianne	09.15-10.00 Zumba Elin	09.15-09.45 & 09:45-10.15 TRX workout* Malena	09.15-10.00 Beach Bootcamp Elin	(09.00-11.00) MTB Easy Tour* Martin & Marianne
	10.30-11:15 Guide Tour of Hotel Martin, Susanne, Malena & Niels	09.15-10.00 Pump intervall* Malena	09.15-09.45 & 09:45-10.15 TRX workout* Malena	10.00-10.45 Hyrox* Inger	10.30-11.15 Run Technique Martin	10.00-10.45 Afrodance Malena	
	11.30-12.00 Service Desk Elin & Irene		10.30-11.00 Drumz Malena	10.45-11.15 Easy Dance Moves Malena	11.30-12.15 Drumz Malena	10.45-11.30 Circuit Inger	

	11.30-12.15 Circuit Inger	10.00-10.30 HIIT Inger	11.15-12.15 Padel* Niels	11.15-12.00 Strength* Elin		11.45-12.15 Tension Release Inger	
		10.30-11.15 Zumba Elin	11.00-11.45 Strenght* Elin		12.15-13.00 Zumba Elin		
	12.15-13.00 Core Malena	12.30-13.00 Aqua Fit Malena	12.15-13.00 Tension release Inger	12.30-13.00 Aqua Fit Malena		12.30-13.00 Aqua Fit Malena	ARN – 11.40 OSL – 12.25 BLL – 12.45
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
16.00-16.30 Service Desk Elin	14.00-14.45 Soma Moves Inger	14.00-15.00 Padel* Niels		14.00-15.00 Padel* Niels		14.00-15.00 Padel* Niels	
		14.00-16.00 Nature Hike Irene & Martin	14.00-14.45 Beach intervalls Martin & Marianne		(14.00-16.00) MTB Advanced Tour* Martin & Marianne	14.00-14.45 Beach Intervalls Martin & Marianne	
16.45 – 17.30 Flex & stretch Inger	15.00-15.30 Beach Bootcamp Elin	14.15-15.00 Functional Fitness Inger		15.15-15.45 Core Malena	14.15-15.00 Hyrox* Inger	15.00-15.30 Core Elin	
16.45-17.15 Easy Dance Moves Malena	15.45-16.30 Afrodance Malena	15.15-16.00 Tabata* Malena	15.00-15.45 Circuit Inger		15.00-15.30 Tabata Elin	15.45-16.15 Tabata Elin	
			16.00-16.30 Booty Malena	16.00-16.45 Mini Bands Training* Inger	15.45-16.30 Pump intervals* Malena	16.00-16.30 Booty Malena	
17.30-18.15 Cool Down Yoga Susanne	17:00-18.30 Yoga Workshop Neck, Back & Shoulders Susanne	17.00-18.00 Cool Down Yoga Susanne	17:00-18.30 Yoga workshop for your Feet, Hips & Balance Susanne	17.00-18.00 Cool Down Yoga Susanne	17.00-18.00 Stretch & Relax Elin	16.45-17.45 Cool Down Yoga Susanne	

		18.30-19.30 Anti Inflammatory Lifestyle Martin	18.30-19.30 The Professor's Green Energy Porridge Irene		18.30-19.30 Face Yoga Workshop Susanne		
19.00-20.30 Dinner Main Restaurant	19.00-20.30 Dinner Main Restaurant	20.00-21.00 Dinner Main Restaurant	20.00-21.00 Dinner Main Restaurant	19.00-20.30 Reserved Dinner Beach Restaurant	20.00-21.00 Dinner Main Restaurant	19.00-20.30 Reserved Dinner Beach Restaurant	CPH – 23.15 TRD – 23.15 SVG – 22.30 GOT – 23.40

Almyra Terrace	Beach Area	Multicourt	Pool	Reception	Hike & Bike	Restaurant	Padel court Next to multicourt	Conference room
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*Since equipment is needed, please sign up if you want to join in. We'll share more info at the welcome meeting!

**Please book the trip directly through Apollo. You can book on Your Trip online: (DK) <https://www.apollorejser.dk/mit-apollo/login>. Please note that trip is not confirmed for 2026 yet. When confirmed you can see it as an option on Your Trip – Excursions