

Uge 32 - 2021	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag
07:30 - 08:30		Yoga	Yoga		Yoga		
08:30	Morgenmad + info		Morgenmad		Morgenmad		Morgenmad
09:00		Morgenmad		Morgenmad		Morgenmad	
09:30 - 11:00	Cross		Cross	Day of rest	Cross		
11:00 - 12:30		Cross				Cross	
13:00	Frokost		Frokost		Frokost		
13:30		Frokost		Frokost		Frokost	
16:30 - 17:30	Cross		Boxing		Cross	Workout**	
17:30 - 18:30			Cross			Workout	
18:30	Aftensmad			Aftensmad			
19:00		Aftensmad	Aftensmad		BBQ	Aftensmad	
20:00 - 21:00	Sangria ved poolen	Cross by night			BBQ PARTY	Farvel i restaurant	

\*\* 90 minutes Joined Workout at 16:30