

GetMotivated	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag
07:30 - 08:30		Yoga	Yoga		Yoga		
08:30	Morgenmad + info	Morgenmad	Morgenmad	Morgenmad		Morgenmad	
09:00					Morgenmad		Morgenmad
09:30 - 11:00		Get Motivated	Beach WOD	Day of rest		Get Motivated	Check-out
11:00 - 12:30	Get Motivated		Beach WOD		Get Motivated		
13:00		Frokost		Frokost		Frokost	
13:30	Frokost		Frokost		Frokost		
16:30 - 17:30		Get Motivated	Boxing			Workout*	
17:30 - 18:30	Get Motivated				Get Motivated 17-18	Workout	
18:30		Aftensmad					
19:00	Aftensmad		Aftensmad	Aftensmad	Grill	Aftensmad	
20:00 - 21:00	Sangria ved poolen		Get Motivated 20:30		BBQ PARTY	Farvel i restauranten	

*90 minutters fælles workout med anden gruppe

BeachWod - Vi går fra restauranten kl. 09:15