



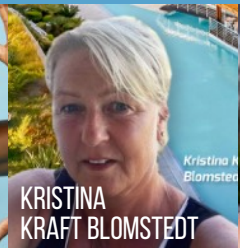
CAVO SPADA LUXURY RESORT • ALL-INCLUSIVE • CRETE • 23-30 SEPTEMBER 2023

# Fitness & Fun Week

ActiveSeniors AerobicWeekends SWEDEN apollo sports



**GIANNOULIS**  
Cavo Spada  
*Luxury Sports & Leisure*  
Resort & Spa  
★★★★★



	SATURDAY 23/9	SUNDAY 24/9	MONDAY 25/9	THUESDAY 26/9	WEDNESDAY 27/9	THURSDAY 28/9	FRIDAY 29/9	SATURDAY 30/9	
<b>07.30-08.00</b> MEET AT THE POOL	 <b>WELCOME TO THE FITNESS &amp; FUNWEEK ACTIVESENIORS CAVO SPADA</b>	<b>MORNING WALK</b> KRISTINA & LOUISE	<b>FUNCTIONAL WALK</b> KRISTINA & LOUISE	<b>MORNING WALK</b> KRISTINA & LOUISE	<b>FUNCTIONAL WALK</b> KRISTINA & LOUISE	<b>MORNING WALK</b> KRISTINA & LOUISE	<b>FUNCTIONAL WALK</b> KRISTINA & LOUISE	<b>DEPARTURE INFO</b> 08.00 BUS FROM THE HOTEL 11.40 FLIGHT TO STOCKHOLM 14.45 LANDS IN STOCKHOLM	
<b>07.30-08.00</b> MEET AT THE BEACH		<b>MORNING SWIM</b> HENRIK	<b>S.U.P. YOGA</b> HENRIK	<b>MORNING SWIM</b> HENRIK	<b>S.U.P. YOGA</b> HENRIK	<b>MORNING SWIM</b> HENRIK	<b>S.U.P. YOGA</b> HENRIK	<b>THANK YOU FOR A WONDERFUL WEEK AT CAVOSPADA</b>  <b>SEE YOU ALL SOON AGAIN!</b>  <small>SCAN FOR ONLINE PROGRAM, INFO ABOUT CLASSES AND INSTRUCTORS WWW.AEROBICWEEKENDS.COM /CAVOSPADA</small>	
<b>08.00-08.45</b> YOGA SHALA OPEN		<b>MORNING YOGA</b> LOUISE	<b>MORNING YOGA</b> LOUISE	<b>CORE &amp; STRETCH</b> HENRIK	<b>MOVING MEDITATION</b> HENRIK	<b>MORNING YOGA</b> LOUISE	<b>MORNING YOGA</b> LOUISE		
<b>08.00-08.45</b> MEET AT THE YOGA SHALA		<b>QIGONG</b> MONICA	<b>QIGONG</b> MONICA	<b>QIGONG</b> MONICA	<b>QIGONG</b> MONICA	<b>QIGONG</b> MONICA	<b>QIGONG</b> MONICA		
<b>10.00-10.45</b> SEMINAR		<b>ARRIVAL INFO</b> DEP. STO 07:10 ARR. CRETE 12:05 14.00 CHECK IN FR. 14.00 LUNCH	<b>TRÄNA SMART!</b> HENRIK	<b>RYGGFRISK</b> HENRIK	<b>STARK SENIOR</b> HENRIK	<b>HITTA MOTIVATIONEN!</b> HENRIK	<b>HÅLLBAR HÄLSA</b> HENRIK		<b>VIKTKONTROLL</b> HENRIK
<b>11.00-11.40</b> MAIN POOL		<b>AQUA FITNESS</b> KRISTINA	<b>AQUA STRENGTH</b> KRISTINA	<b>AQUA MOBILITY</b> KRISTINA	<b>AQUA FITNESS</b> KRISTINA	<b>AQUA STRENGTH</b> KRISTINA	<b>AQUA MOBILITY</b> KRISTINA		
<b>11.00-12.00</b> YOGA SHALA OPEN		<b>DANZY PARTY</b> TEAM TEACH	<b>STEP AEROBICS</b> HENRIK & LOUISE	<b>EASY DANCE</b> HENRIK	<b>DANZY PARTY</b> TEAM TEACH	<b>EASY AEROBICS</b> HENRIK & LOUISE	<b>DANZY PARTY</b> TEAM TEACH		
<b>15.15-15.45</b> MAIN POOL OPEN		<b>16.00-17.00 IMPORTANT INFOTOUR</b> MEET AT RECEPTION	<b>AQUA FITNESS</b> KRISTINA & HENRIK	<b>AQUA SPLASH DANCE</b> HENRIK LOUISE	<b>AQUA FITNESS</b> KRISTINA & HENRIK	<b>EXCURSION</b> 13.00-19.00  <b>CHANIA</b> "HISTORY & SHOPPING"	<b>AQUA FITNESS</b> KRISTINA & HENRIK		<b>AQUA SPLASH DANCE</b> HENRIK LOUISE
<b>16.00-16.45</b> YOGA SHALA			<b>LINE DANCE</b> MONICA MED TEAM	<b>LINE DANCE</b> MONICA MED TEAM	<b>LINE DANCE</b> MONICA MED TEAM		<b>FUNKTIONELL STYRKA</b> MONICA		<b>LINE DANCE</b> MONICA MED TEAM
<b>16.00-16.45</b> W.O.D. BOX			<b>BALANS &amp; RÖRLIGHET</b> LOUISE	<b>RYGGFRISK</b> HENRIK	<b>STARK SENIOR</b> LOUISE	<b>RYGGFRISK</b> HENRIK	<b>STARKA BEN</b> LOUISE & HENRIK		
<b>17.00-17.45</b> YOGA SHALA	<b>WELCOME GYMPA</b> TEAM TEACH		<b>FUNKTIONELL STYRKA</b> MONICA	<b>FUNKTIONELL STYRKA</b> MONICA	<b>60, 70, 80 TAL</b> TEAM TEACH		<b>FITNESS &amp; FUN SUPER CIRKEL</b>		<b>FAREWELL WORKOUT</b>
<b>17.45-18.15</b> YOGA SHALA OPEN	<b>STRETCH &amp; RELAX</b> HENRIK	<b>YOGA STRETCH</b> LOUISE	<b>STRETCH &amp; RELAX</b> MONICA	<b>YOGA STRETCH</b> LOUISE	<b>NOT INCLUDED 20€</b>	<b>STRETCH &amp; RELAX</b> HENRIK	<b>STRETCH &amp; RELAX</b> LOUISE		
<b>19.30-20.00</b> MAIN BAR	<b>WELCOME CAVA &amp; MINGLE</b>	<b>ΛΕΥΚΟΣ MINGLE</b> DRESS CODE WHITE	<b>OST &amp; VIN-PROVNING</b>	<b>RETRO MINGLE</b> DRESS CODE RETRO	<b>ROSE &amp; CHILL MINGLE</b>	<b>MINGLE</b> DRESS CODE COLORFUL	<b>BLACK &amp; WHITE GALA MINGLE</b>		
<b>20.00-21.30</b> RESTAURANT	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>		
<b>21.30-LATE</b>	<b>WELCOME PARTY</b> MAIN BAR	<b>WHITE PARTY</b> MAIN BAR	<b>MUSIC QUIZ</b> POOL BAR	<b>RETRO PARTY</b> MAIN BAR	<b>SALSA PARTY</b> POOL BAR	<b>COLORFUL PARTY</b> MAIN BAR	<b>BLACK &amp; WHITE PARTY</b> MAIN BAR		



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