



VILDE HARTVIKSEN AND CECILIE LIND WILL OFFER A WEEK OF CROSSFIT TRAINING  
COMBINED WITH OTHER TYPES OF TRAINING

## CROSSFIT CAMP - IN SUNNY COSTA DEL SOL

28th of May – 4th of June 2017

*This week will offer 2 daily Crossfit sessions as well as other classes. The camp will be adjusted so anyone can join. This week gives you the opportunity to combine hard training with relaxation in the sun by the pool*



760€

**Included:**

- 7 nights accommodation in rooms for 2-4 people
- Transfer from Malaga airport to the resort and back
- Full board – breakfast, lunch and dinner adjusted to a healthy, active lifestyle.
- Unlimited water all day
- All classes included – 3-4 classes daily
- Free use of the training area when no classes
- Spanish Party the last night
- Lots of fun and socializing

Excl. flights to Malaga



**CLASSES:**

- CrossFit
- Yoga
- Boxing
- Strength Training
- Beach Workout
- HIIT

