

BOOTCAMP LINDBERG

2-5 MAY 2024

Höllviksnäs, Sweden



The camp:

Get ready for the first "Bootcamp Lindberg" ever!!

This bootcamp is a perfect way to boost yourself with energy from training, a beautiful environment, delicious food and nice people.

Treat yourself with a weekend where you can focus on yourself, your body and mind.

We are going to boost our body and immune system with outdoor training and boost our mind with good food and nice companionship from other power people.

It doesn't matter if you want to use this weekend to get started with training or if you are already in a good shape. This bootcamp offers something for everyone and all participants will be offered different levels of training that suits each one. All you have to do is register and show up.

Join the camp with a friend, with your partner or come alone and enjoy the weekend with a bunch of like-minded people.

Give yourself a treat and join "Bootcamp Lindberg".

Training:

There will be 8 training sessions for you to join.

3x "General strength/cardio" sessions (Friday, Saturday & Sunday morning).

5x "Boxing sessions" (Friday and Saturday midday and late afternoon & Sunday at midday).

You choose how many of them you want to join.

If you have never participated in a boxing class, don't worry, you will get an introduction during the first boxing class in camp. Please let us know when you register.

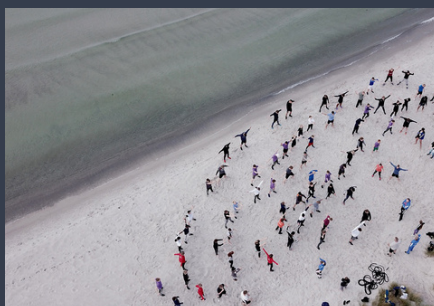
All classes will be adjusted to suit the participants which means that this camp is the perfect opportunity for everyone to join.

All training sessions are going to take place outside, on the facility, in an outdoor boxing gym close by or on the beach, so please bring suitable clothes and shoes for all classes. The outdoor boxing gym is located outside "Höllvikens boxningsklubb" (Ängdalavägen 38, 236 34, Vellinge), 4 km from "Höllviksnäs". I am sure that we can all squeeze in in the cars we have to get you all there.

Please mark in the registration form what classes you would like to join.
(Changes after registration are of course accepted.)

For the "Boxing sessions" you will need a pair of boxing gloves. If you don't have a pair of your own, maybe you can borrow a pair from a friend or so. If you really cannot bring a pair yourself let us know in advance and we will help.

During a couple of the boxing sessions, it will be possible for advanced boxers to do sparring (if there are suitable sparringpartners). Participation in sparring requires that you have your own sparring equipment (headgear, mouthpiece and sparring gloves). No exceptions.



Preliminary schedule:

Thursday

Arrival and check-in

Friday

7.00 Welcome - kick off

7.00-8.00 (Session I) - General strength/cardio session

7.00-9.00 Breakfast

11.00-12.30 (Session II) - Boxing session

16.00-17.15 (Session III) - Boxing session

19.00 Dinner

Saturday

7.30-8.30 (Session I) - General strength/cardio session

7.00-10.00 Breakfast

12.00-13.30 (Session II) - Boxing session

16.00-17.15 (Session III) - Boxing session

19.00 Dinner

Sunday

7.30-8.30 (Session I) - General strength/cardio session

7.00-10.00 Breakfast

10.00 Check out

11.00-12.30 (Session II) - Boxing session

Thank you and good bye!

All sessions are of course open for everyone to join.

This schedule is a preliminary plan and might change.

Meals included:

3x breakfast buffet (Friday, Saturday & Sunday).

2x dinner (Friday & Saturday).

The breakfast buffet includes bread, cheese, ham, sausage, marmalade, yoghurt, eggs, cereals, scrambled eggs, bacon, pancakes, coffee, tea and more...

Dinner will be the chef's choice of traditional Swedish food.

If you need another meal between breakfast and dinner you will have to arrange that yourself. You find grocery stores and restaurants on a walking distance.

Don't forget to mention if you have any allergies when you register.



Rooms:

Hotel standard

1, 2-bed rooms (5 rooms available) or 3-bed rooms (5 rooms available).

The 3-bed rooms are 2-beds & a couch bed.

All rooms with sheets, towels, toilet/shower, small terrasse, tv, small refrigerator & water boiler.

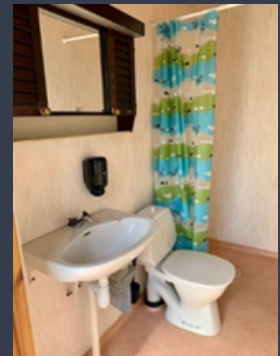


Hostel standard

1 or 2-bed rooms (5 rooms available).

All rooms with toilet/shower, sheets & towels.

(You will have to make your own bed though.)



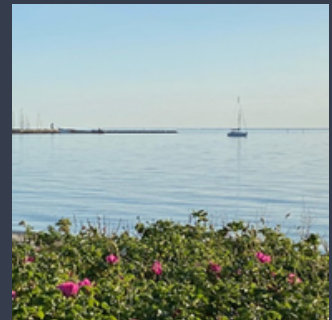
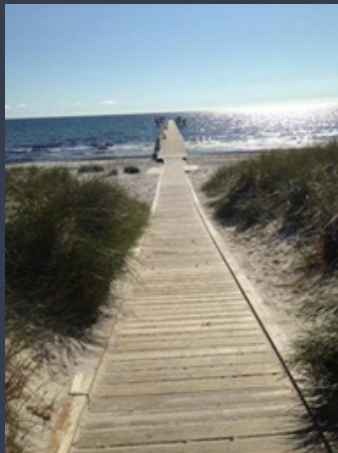
"First-come-first-served" principle will be applied by reservation.

Free time / Wellness:

During your free time, feel free to use the swimming pool or the sauna.
Open 7.00-21.00 every day.



Or take a walk and enjoy the beautiful nature.



Prices with overnight stay:

3x overnight stay (the standard of your choice)
8x training
3x breakfast buffet
2x dinner
Access to swimming pool & sauna
Free WIFI

Water is included in the meals in the restaurant. If you wish to drink something else you will have to pay extra.

Hotel standard 3 nights:

1-bed room: 585 Euro (6595 sek)
Part in 2-bed room: 515 Euro (5795 sek)
Part in 3-bed room: 495 Euro (5495 sek)

Hostel-standard 3 nights:

1-bed room: 515 Euro (5795 sek)
Part in 2-bed room: 475 Euro (5395 sek)

If you want to have a 2 or 3-bed room you will have to organize yourself with whom you share the room with. Please enter by registration.

Prices without overnight stay:

8x training
3x breakfast buffet
2x dinner
Access to swimming pool, sauna & shower
Free WIFI

385 Euro (4295 sek)

Early bird reduction:

50 Euro (550 sek) reduction on all prices if you register and pay before 15.02.2024.

Registration & payment:

You register by filling out the registration form and email it to info@marialindberg.se. After that you will get an invoice for you to pay. Your registration is valid after fully payment. You will get an email to confirm your final registration.

The registration is binding.

Last day for registration 31.03.2024.

If you for some reason can't participate and cancel before 31.03.2024 you will be refunded everything EXCEPT the registration fee (215 Euro/2500 Sek).

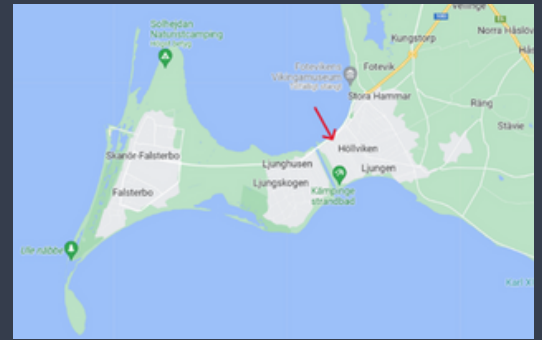
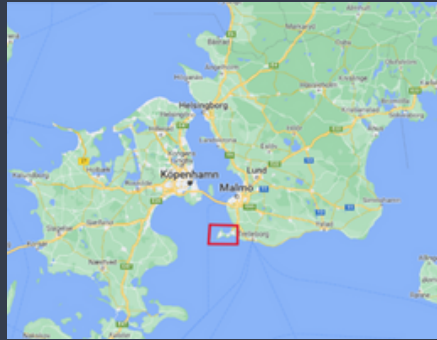
After 31.03 2024 it's not possible to get a refund.

Your bootcamp spot can be handed over to someone else though.

Please inform us to whom in that case.

If the room version you wish to register for is fully booked, you will be contacted regarding a second choice.

How to get there/arrival:



Arrival:

Please announce your roundabout arrival time when you register for a smooth check-in.

Address:

Höllviksnäs Möten Mat Logi
Ljungvägen 1
236 38 Höllviken
Sweden

With bus:

From Malmö Central station: Go with bus 15 towards "Skanör". Get off at the stop "Höllviksstrand" in Höllviken.

From Malmö Hyllie: Go with bus 300 towards "Falsterbo". Get off at the stop "Höllviksstrand" in Höllviken.

With train:

When you arrive at Malmö Central Station go with bus 15 towards "Skanör". Get off at the stop "Höllviksstrand" in Höllviken.

With plane:

From Copenhagen Airport: Go with the "Öresundstrain" to "Malmö Hyllie" and from there with bus 300 towards "Falsterbo". Get off at the stop "Höllviksstrand" in Höllviken.

From Malmö Airport: Go with "Flygbussen" to Malmö Central Station and from there with bus 15 towards "Skanör". Get off at the stop "Höllviksstrand" in Höllviken.

NO travel costs are included.

Important information:

Register before 15.02.2024 for the reduced "Early bird" price.

Don't forget to mention allergies, arrival time, what classes you would like to join and if you need a boxing introduction when you register.

The entire facility area has free WIFI.

Please bring enough suitable clothes and shoes for the whole camp.

Don't forget a bathing suit if you want to use the pool.

If you don't stay overnight please bring towels if you would like to shower or use the pool/sauna during your stay.

All training takes place at your own risk and all participants are themselves responsible for being insured in case of injury.

Check out on Sunday at the latest 10.00.

After checking out, you will still have access to the wellness area so you can shower after the last training session on Sunday.

Baggage storage will be possible until your departure. Location will be announced.

Free parking on the facility.

More info about the facility at www.hollviksnas.nu
More info about the area at www.semesterkansla.se

Questions:

Please email: info@marialindberg.se

**Looking forward to welcome you to the first ever
"Bootcamp Lindberg"!!**