

# PROGRAM

## 10:00–

10.00–10.25

Welcome to Pajulahti Campus—let's get moving!

Warm-Up & Opening Remarks by the Chair

## 10:45–

10:45–11:30

Leading Your Own Wellbeing – A Comprehensive Approach, Auditorium

Bouldering, Nikula Hall

Stretching, Nikula Hall

Cross Training, Combat Arena

Body Control, Combat Arena

FasciaMethod, Gymnastics Hall

Aqua Exercise, Swimming Pool

Foam Roller, Ball Sports Hall 2

Chill Rhythms, Dance Studio

Canoeing, Canoe Beach

## 11:50–

11:50–12:35

Fuel for Self-Leadership – Managing Your Overall Load, Auditorium

Bouldering, Nikula Hall

Stretching, Nikula Hall

Cross Training, Combat Arena

Body Control, Combat Arena

Fascia Ball Class, Gymnastics Hall

Aquatic Fitness, Swimming Hall

Pilates, Sports Hall 1

Foam Roller, Ball Sports Hall 2

Chill Rhythms, Dance Studio

Canoeing, Canoe Beach

12:30 PM – 1:15 PM

Lunch 1, Iso-Kukkanen

## 12:55–

12:55 PM–1:40 PM

Lead Yourself to Success: Setting Effective and Meaningful Goals, Auditorium

Wall Climbing, Nikula Hall

Body Maintenance, Nikula Hall

Kettlebell Workout, Combat Arena

Bodyweight Training, Combat Arena

Running Tips, 400m Track

Aqua Jogging, Swimming Hall

Pilates, Sports Hall 1

Foam Roller, Ball Sports Hall 2

Relaxation Session, Dance Studio

Canoeing, Canoe Beach

1:30 PM – 2:15 PM

Lunch 2, Iso-Kukkanen

## 14:00

2:00–2.24 PM

Get Ready to Perform: Ensuring Your Functional Capacity, Auditorium

Wall Climbing, Nikula Hall

Body Maintenance, Nikula Hall

Fitness Boxing, Combat Arena

Bodyweight Training, Combat Arena

Nordic Walking, starting from Reception

Aqua Jogging, Swimming Hall

Pilates, Sports Hall 1

Foam Roller, Ball Sports Hall 2

Relaxation Session, Dance Studio

Canoeing, Canoe Beach

## Other activities

Also happening throughout the day: Equipment Tryouts

Nonstop coffee from the Roastery

Fatbike  
Frisbee golf  
Kickbike  
Mini golf

You can get active on your own at Pajulahti Hall:  
Bodybike  
Gym  
Soccer  
Track and field

During the day, you can also try the popular InBody body composition analysis (€32 in Test Room 2.

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