

BOOTCAMP LINDBERG

8-11 MAY 2025

Höllviksnäs, Sweden



Since the first and the second “Bootcamp Lindberg” became a success, of course we will do it again...

Get ready for the third “Bootcamp Lindberg“!!

This is a camp for anyone who wants an energy boost, inspiring training, a beautiful environment, good food and nice people.

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

Boost your body and immune system with outdoor training and boost your mind with good food and nice people.

It doesn't matter if you want to use this camp to get started or if you are already in a good shape. You set your level and your goals with the camp and I am there to help you achieve it. 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 cool people.

Give yourself a treat and join “Bootcamp Lindberg”.

Training:

There will be 8 training sessions for you to join.
A mix of “General fitness” sessions and “Boxing sessions”.
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 me know when you register.

All classes will be adjusted to suit all participants regardless of your level.

All training sessions are going to take place outside, on the facility, at 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”. We will 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 from a friend. If you really cannot bring a pair yourself let me know in advance and I will help.

During a couple of the boxing sessions, it will be possible for advanced boxers to do sparring (only 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 (from 15.00)

Friday

7.00 Welcome – kick off

7.00-8.00 (Session I) – General fitness 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 fitness 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 fitness session

7.00-10.00 Breakfast

11.00 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 (12 rooms available) or 3-bed rooms (2 rooms available).

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

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

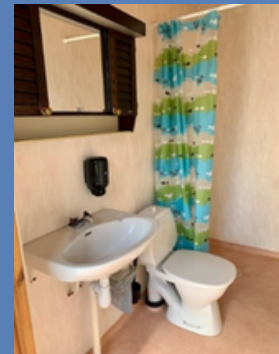


Hostel standard

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

All rooms with sheets, towels, toilet/shower & water boiler.

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



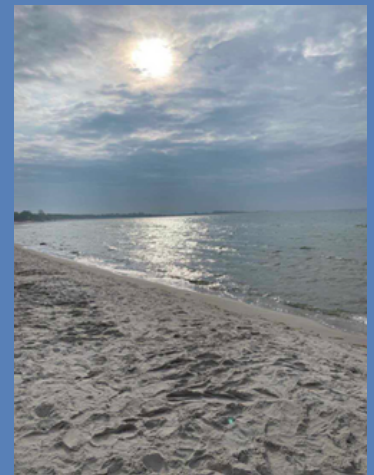
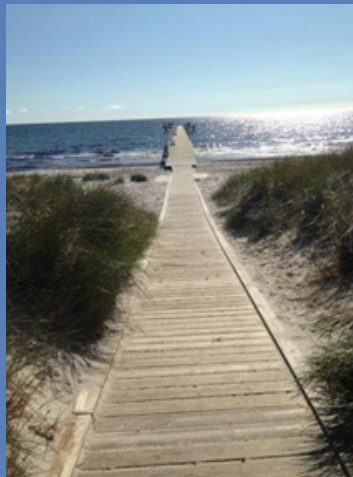
“First-come-first-served” principle will be applied by reservation.

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 10.01.2025.

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 31.03.2025.

If you for some reason can't participate and cancel before 31.03.2025 you will be refunded everything EXCEPT the registration fee (215 Euro/2500 Sek).

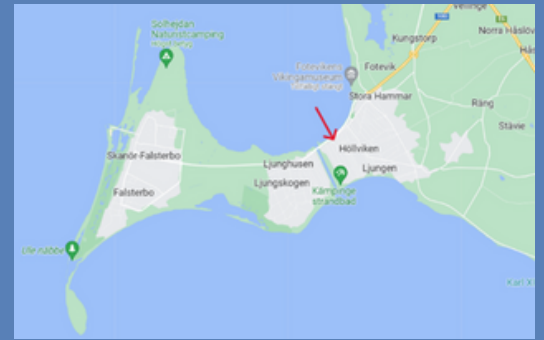
After 31.03.2025 it's not possible to get a refund.

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

Please inform me 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:

Check-in at the hotel reception between 15.00-19.00.
If you arrive later than 19.00 please let me know.

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.

With car:

If you travel by car from Germany use the website www.scandlines.de to book your ferry (Puttragden-Rödby-Puttgarden) and bridge (Öresund bridge) ticket for the best prices.

NO travel costs are included.

Important information:

Register before 10.01.2025 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.

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

Check out on Sunday at the latest 11.00.

After checking out, you will still have access to the wellness area so that 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

**I can't wait to welcome you to
“Bootcamp Lindberg”!**

