



GÜRAL PREMIER BELEK PRESENTS

PROFITNESSWEEKS.COM

PILATES & DANCE

06.08-13.08 2017

FEAT. SARA ULLMAN SWEDEN

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN 

PROGRAM

Classes are free of charge for all guest at Gural Premier.
Meeting point Sports Area if no other place is specified.

Monday

- 10.15 Pilates for beginners - Sara
- 11.15 Aqua Gym - Pool - Gural Sports team
- 15.00 Legs, Bums & Tums - Gural Sports team
- 16.30 AfroDance - Sara

Tuesday

- 08.00 Yoga - Gural Sports team
- 10.15 Pilates Techniques - Sara
- 11.15 Aqua Gym - Pool - Gural Sports team
- 15.00 Legs, Bums & Tums - Gural Sports team
- 16.30 Zumba Fitness - Sara

Wednesday

- 10.15 Pilates - Sara
- 11.15 Aqua Gym - Pool - Gural Sports team
- 15.00 Legs, Bums & Tums - Gural Sports team
- 16.30 DanZy Party - Sara

Thursday

- 08.00 Yoga - Gural Sports team
- 10.15 Pilates - Sara
- 11.15 Aqua Gym - Pool - Gural Sports team
- 15.00 Legs, Bums & Tums - Gural Sports team
- 16.30 AfroDance - Sara

Friday

- 08.00 Yoga - Gural Sports team
- 10.15 Pilates - Sara
- 11.15 Aqua Gym - Pool - Gural Sports team
- 15.00 Legs, Bums & Tums - Gural Sports team
- 16.30 Zumba Fitness - Sara

Saturday

- 08.00 Yoga - Gural Sports team
- 10.15 Pilates - Sara
- 11.15 Aqua Gym - Pool - Gural Sports team
- 15.00 Legs, Bums & Tums - Gural Sports team
- 16.30 Fitness & Fun - Team Teach

"The key to succes is to have fun while training. Each class is suitable for all, from beginners to advanced. Together we will have fun, push ourselves and enjoy our vaccation. All you have to do is join us and we will help you improve your fitness."



SARA ULLMAN - SWEDEN

International Presenter, Dancer and Pro Fitness Instructor. Team AerobicWeekends International.

With her energizing inspiration, Sara's classes are always a breathtaking workout experience for Your mind and body. Where ever she goes, she's bringing long lasting motivation and joy. Don't miss out on this lovable and widely appreciated Instructor. www.saraulman.com



DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER
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