

GÜRAL PREMIER BELEK PRESENTS

FITNESS & FUNWEEK

PROFITNESSWEEKS.COM

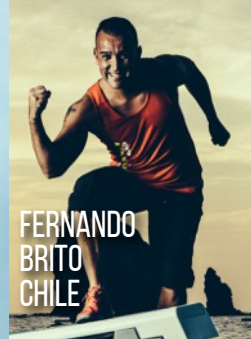
21.05.17-27.05.17



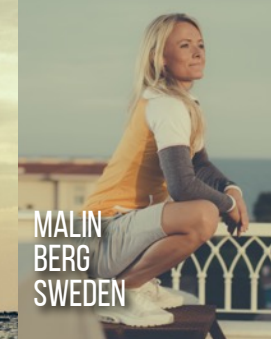
ROJA
KAMALI
SWEDEN



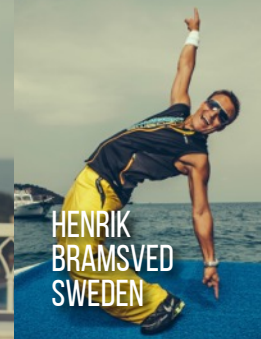
FERNANDO
BRITO
CHILE



MALIN
BERG
SWEDEN



HENRIK
BRAMSVED
SWEDEN



	SUNDAY 21.05	MONDAY 22.05	TUESDAY 23.05	WEDNESDAY 24.05	THURSDAY 25.05	FRIDAY 26.05	SATURDAY 27.05
08.00-08.45 SPORTS AREA	MORNING YOGA MALIN	CORE & STRETCH HENRIK	S.U.P. YOGA MALIN & ROJA	MORNING YOGA MALIN	S.U.P. YOGA MALIN & ROJA	MOVE & MEDITATION MALIN	MORNING YOGA ROJA
10.15-11.00 SPORTS AREA	CORE TRAINING HENRIK	AFRO DANCE MALIN	DANZY ROJA & HENRIK	LYRICAL DANCE ROJA	ZUMBA STEP FERNANDO	SALSA BASICS FERNANDO	LATINO STEP FERNANDO
11.15-11.45 LEISSURE POOL	AQUA FITNESS HENRIK	AQUA H.I.T FITNESS HENRIK	AQUA S.U.P. FITNESS HENRIK & ROJA	AQUA SPLASH DANCE HENRIK & ROJA	AQUA ZUMBA FERNANDO	AQUA S.U.P. FITNESS ROJA & MALIN	AQUA ZUMBA FERNANDO
12.00-12.50 SPORTS AREA	CROSS FITNESS MALIN & HENRIK	CROSS FITNESS HENRIK	CROSS FITNESS HENRIK	CROSS FITNESS HENRIK	CROSS FITNESS MALIN	CROSS FITNESS HENRIK	CROSS FITNESS HENRIK
15.00-15.50 SPORTS AREA	BASIC STEP HENRIK	YIN YOGA MALIN	BELLY DANCE FITNESS ROJA	YOGA FLOW MALIN	DANZY ROJA & FERNANDO	STREET JAZZ ROJA	AFRO DANCE MALIN
16.00-16.50 SPORTS AREA	BASIC YOGA MOVES MALIN	AEROBICS HENRIK	GYMNASTIC MOVES MALIN	TABATA ROJA	BOOTCAMP FOR FUN HENRIK	BASIC YOGA MOVES MALIN	H.I.T. VS TABATA HENRIK
17.00-17.40 SPORTS AREA	FITNESS & FUN DANZY PARTY	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN 70'S & 80'S	FITNESS & FUN DANZY PARTY	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN ZUMBA PARTY	FITNESS & FUN TEAM TEACH
17.40-18.00 SPORTS AREA	STRETCH & RELAX MALIN	STRETCH & RELAX HENRIK	STRETCH & RELAX ROJA	STRETCH & RELAX MALIN	STRETCH & RELAX ROJA	STRETCH & RELAX FERNANDO & HENRIK	STRETCH & RELAX HENRIK
18.00-18.30 POOL BAR	AFTER WORKOUT	AFTER WORKOUT	AFTER WORKOUT	AFTER WORKOUT	AFTER WORKOUT	AFTER WORKOUT	AFTER WORKOUT

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN

PROFITNESSWEEKS.COM



DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER
AEROBICWEEKENDS SWEDEN INTERNATIONAL
GÜRAL PREMIER BELEK



#AEROBICWEEKENDS
#GÜRALPREMIER
#PROFITNESSGÜRAL



AEROBICWEEKENDS.COM
GÜRALPREMIER.COM
PROFITNESSWEEKS.COM