

GÜRAL PREMIER TEKIROVA PRESENTS



FITNESS & FUNWEEK

28.05.17-03.06.17 PROFITNESSWEEKS.COM FEAT. INTERNATIONAL PRESENTER HENRIK BRAMSVED

	SUNDAY 28.05	MONDAY 29.05	TUESDAY 30.05	WEDNESDAY 01.06	THURSDAY 02.06	FRIDAY 03.06
08.00-08.45 SPORTS AREA	MORNING YOGA HENRIK	QI GONG HENRIK	MORNING YOGA GÜRAL SPORTS TEAM	CORE & STETCH HENRIK	MORNING YOGA HENRIK	QI GONG HENRIK
10.15-11.00 SPORTS AREA	CORE TRAINING HENRIK	STEP AEROBICS TEAM TEACH	DANZY TEAM TEACH	CORE TRAINING HENRIK	STEP AEROBICS TEAM TEACH	DANZY TEAM TEACH
11.15-11.45 LEISSURE POOL	AQUA FITNESS HENRIK	AQUA H.I.T FITNESS HENRIK	AQUA SPLASH DANCE TEAM TEACH	AQUA FITNESS HENRIK	AQUA H.I.T FITNESS HENRIK	AQUA SPLASH DANCE TEAM TEACH
16.00-16.50 SPORTS AREA	CROSS FITNESS HENRIK	AEROBICS HENRIK	CROSS FITNESS HENRIK	H.I.T. VS TABATA HENRIK	CROSS FITNESS HENRIK	CROSS FITNESS TEAM CHALLENGE
17.00-17.40 SPORTS AREA	FITNESS & FUN DANZY TEAM TEACH	FITNESS & FUN FAMILY CIRCUIT TRAINING	FITNESS & FUN 70'S & 80'S DANCEMOVES	FITNESS & FUN DANZY PARTY TEAM TEACH	FITNESS & FUN FAMILY CIRCUIT TRAINING	FITNESS & FUN ZUMBA PARTY TEAM TEACH
17.40-18.00 SPORTS AREA	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX

INTERNATIONAL PRESENTER

Henrik Bramsvéd - Sweden
International Fitness Presenter. Six times Swedish Aerobics Champion. Three times Finalist in the World Championships in Sports Aerobics. Functional Fitness Specialist.



"The key to succes is to have fun while training. Each class is suitable for all, from beginners to elite trained athletes. 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."

