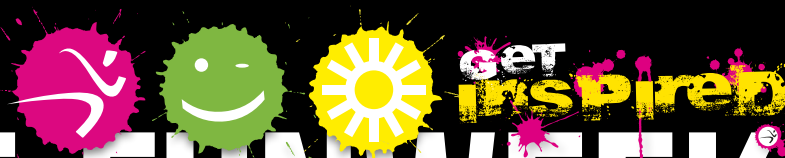


GÜRAL PREMIER BELEK PRESENTS



FITNESS & FUNWEEK

01.10-08.10.2017 PROFITNESSWEEKS.COM

WITH INTERNATIONAL PRESENTERS

Classes are free of charge for all guest at Gural Premier.	SUNDAY 1 OCT	MONDAY 2 OCT	TUESDAY 3 OCT	WEDNESDAY 4 OCT	THURSDAY 5 OCT	FRIDAY 6 OCT	SATURDAY 7 OCT	SUNDAY 8 OCT
08.00-08.45 SPORTS AREA	MORNING STRETCH HENRIK	S.U.P. YOGA HENRIK	MORNING YOGA HEDVIG	S.U.P. YOGA HENRIK	MORNING YOGA HEDVIG	S.U.P. YOGA HENRIK	MORNING STRETCH HENRIK	MORNING YOGA OLGA
10.00-10.45 SPORTS AREA	DANCE AEROBICS HENRIK	H.I.T. WORKOUT JONATAN & HEDVIG	ZUMBA FITNESS MARION	POWER STEP HENRIK	CORE TRAINING JONATAN & HEDVIG	STEP INTERMEDIATE HENRIK	RUNNING SCHOOL GYULA	CORE TRAINING SPORTS TEAM
11.00-11.30 LEISSURE POOL	AQUA FITNESS HENRIK & OLGA	POOLPARTY	AQUA FITNESS OLY	AQUA SPLASH DANCE OLGA & HENRIK	AQUA FITNESS HENRIK	AQUA S.U.P. FITNESS HENRIK & OLY	AQUA H.I.T JONATAN & HENRIK	AQUA FITNESS SPORTS TEAM
12.00-12.50 SPORTS AREA	CROSS FITNESS HENRIK & JONATAN	CROSS FITNESS HENRIK & HEDVIG	CROSS FITNESS HEDVIG & JONATAN	CROSS FITNESS HEDVIG & JONATAN	CROSS FITNESS GYULA & JONATAN	CROSS FITNESS GYULA & JONATAN	CROSS FITNESS GYULA & HENRIK	
15.00-15.50 SPORTS AREA	CORE TRAINING HENRIK	PILATES OLGA	DANZY HENRIK WITH TEAM	S.U.P. FITNESS HENRIK	RUNNING SCHOOL GYULA	DANZY HENRIK WITH TEAM	PILATES OLGA	
16.00-16.50 SPORTS AREA	POWER STEP HENRIK	JUMPING FITNESS ON STAGE	JUMPING FITNESS ON STAGE	BOOTCAMP FOR FUN JONATAN	JUMPING FITNESS ON STAGE	ATHLETIC GYULA & JONATAN	BOOTCAMP FOR FUN GYULA	H.I.T. WORKOUT SPORTS TEAM
17.00-17.40 SPORTS AREA	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S & 80'S WORKOUT	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN CHALLENGE TEAM TEACH	FITNESS & FUN ZUMBA PARTY	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN GALA WORKOUT	FITNESS & FUN DANCE AEROBICS
17.40-18.00 SPORTS AREA	STRETCH & RELAX HENRIK	STRETCH & RELAX HENRIK	STRETCH & RELAX HEDVIG	STRETCH & RELAX JONATAN	STRETCH & RELAX HENRIK	STRETCH & RELAX RACHEL	STRETCH & RELAX HENRIK	STRETCH & RELAX OLY



**HENRIK
BRAMSVÉD**
SWEDEN
Pro Fitness
Instructor



**GYULA
BERCSENYI**
HUNGARY
Pro Fitness
Athlete



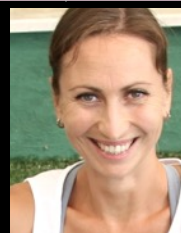
**HEDVIG
GUSTAFSSON**
SWEDEN
Cert. Fitness
Instructor



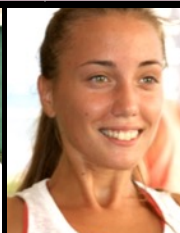
**JONATAN
HUGEMARK**
SWEDEN
Cert. Fitness
Instructor



**MARION
ZUMBA**
GERMANY
Cert. Zumba
Instructor



**OLGA
TOPAL**
UKRAINE
Gural Premier
Sports Team



**OLY
VATYLINA**
UKRAINE
Gural Premier
Sports Team

"The key to succes is to have fun while training. Each class is suitable for all, from beginners to experienced. Together we will have fun, push ourselves and enjoy the holiday at Gural Premier."

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER
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