

GÜRAL PREMIER TEKIROVA PRESENTS



FITNESS & FUNWEEK

01.07 - 07.07 2019 PROFITNESSWEEKS.COM

FEAT. FEAT. GYULA BERCSENYI

PRELIMINAR PROGRAM	MONDAY 01.07	TUESDAY 02.07	WEDNESDAY 03.07	THURSDAY 04.07	FRIDAY 05.07	SATURDAY 06.07	SUNDAY 07.07
08.30-09.15 SPORTS AREA	MORNING YOGA SPORTS TEAM	MORNING CARDIO SWIM & RUN GYULA	MORNING YOGA SPORTS TEAM	MORNING CARDIO POWERWALK & TABATA GYULA	MORNING YOGA SPORTS TEAM	MORNING CARDIO SWIM & RUN GYULA	MORNING YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	FUNCTIONAL FITNESS GYULA	CROSSFITNESS LEVEL 1 GYULA	CORE STABILITY & BALANCE GYULA	CROSSFITNESS LEVEL 1/2 GYULA	CORE STABILITY & BALANCE GYULA	CROSSFITNESS LEVEL 1/2 GYULA	STEP AEROBICS SPORTS TEAM
11.15-11.45 LEISSURE POOL	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM
16.00-16.50 SPORTS AREA	KANGO JUMP SPORTS TEAM	DANCE AEROBICS SPORTS TEAM	STEP AEROBICS SPORTS TEAM	PILATES SPORTS TEAM	KANGO JUMP SPORTS TEAM	DANCE AEROBICS SPORTS TEAM	FIT BALL SPORTS TEAM
17.00-17.40 SPORTS AREA	FITNESS CIRCUIT GYULA FITNESSCENTER	FITNESS & FUN FAMILY BOOTCAMP GYULA	FITNESS CIRCUIT GYULA FITNESSCENTER	FITNESS & FUN CARDIO INTERVALS GYULA	FITNESS CIRCUIT GYULA FITNESSCENTER	FITNESS & FUN FAMILY BOOTCAMP GYULA	FITNESS & FUN CIRCUIT TRAINING
17.40-18.00 SPORTS AREA	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX



GYULA BERCSENYI - SWEDEN

International presenter
Personal trainer
Multi Athlete
Crossfit specialist
Fitness Champion
Triathlete and Kettebels Guru
Head teacher of CrossFitness
instructors training with
AerobicWeekends Sweden.



"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 vaction. All you have to do is join us and we will help you improve your fitness."

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



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