



DELUXE FITNESS & FUN WEEK

May 2016

GÜRAL
PREMIER TEKIROVA
AerobicWeekends
sweden

GET INSPIRED
apollo

	SUNDAY 1 May	MONDAY 2 May	TUESDAY 3 May	WEDNESDAY 4 May	THURSDAY 5 May	FRIDAY 6 May	SATURDAY 7 May	SUNDAY 8 May
07.30 - 08.00	<p>Welcome to the Deluxe Fitness & FunWeek at Gural Premier Tekirova</p> <p>Main Aerobics Area = Yellow</p> <p>FitnessCenter = Green</p> <p>Seminar Room= Orange</p> <p>FC Area = Purple</p> <p>Leisure Pool = Turchese</p> <p>Beach = Light Blue</p> <p>Amphitheatre = Grey</p> <p>Gala Stage = Blue</p> <p>Important = Mangenta</p> <p>Evening Entertainment = Black</p>		Morning Walk/Run	S.U.P. Morning Yoga	Meditation & Positivity	Morning Walk/Run	Qi Gong at the Beach	S.U.P. Morning Yoga
Beach			Roja & Ruben	Malin	Rachel	Roja & Ruben	Henrik	Malin
07.30 - 08.15			Morning Yoga	Morning Pilates	Morning Yoga	Morning Pilates	Morning Yoga	Morning Stretch
Aerobics Area			Malin	Sara	Malin	Sara	Malin	Ivan
08.00 - 08.30			Good Morning Tabata	Good Morning Gym	Morning Spinning	Good Morning Gym	Morning Cardio	
Fitness Center			Rachel	Gyula	Henrik	Gyula	Roja	
09.00 - 09.50			Träna eller Motionera?	Träna Funktionellt!	RyggFrisk	How To Lose Body Fat!	Träna med Pulsen!	
Seminar Room			Henrik & Gyula (in swedish)	Henrik & Gyula (in swedish)	Gyula (in swedish)	Seminar Rachel (in english)	Henrik (in swedish)	
09.00 - 09.50			Basic Step	Intermediate Step	Power Step	Zumba Step	PowerStep	
Aerobics Area			Meet at Aerobics Area 09.00	Sara	Ivan	Rachel	Fernando	
10.00 - 10.50		XCord - Coretraining level 1	XCord - Coretraining level 2	XCord RyggFrisk	XCord - H.I.T intervals	Plyometrics		
Gala Stage		Henrik	Henrik	Henrik & Gyula	Gyula	Roja - Amphiteatre		
10.00 - 10.50		Welcome Workout	Dance - New Style (Lyrical HipHop)	Contemporary	Glamoris DanceAerobics	Contemporary	Latin Absoluto	The Ultimate Circuit
Aerobics Area		Team Teach	Moris	Ivan	Moris & Ivan	Ivan	Moris, Fernando & Ivan	Team Teach
11.00 - 11.50		Pilates For All	Dance Aerobics	Tabata Intervals	Easy Aerobics	Ragga Muffin	Jazz	
Gala Stage		Rachel	Roja	Rachel	Roja	Moris	Sara - Amphiteatre	
11.00 - 11.50		AfroDance*	DeepWork*	Easy DanceMoves*	H.I.T. Intervals Pyramid*	Gympa for fun*	DeepWork*	
Aerobics Area		Sara	Ivan	Moris, Sara & Roja	Rachel	Henrik	Ivan	
11.00 - 11.50		BootCamp For Fun	Running School	Partner Workout	Swim Academy	Insta Moves		
FC Area		Gyula	Ruben	Henrik	Ruben - Leisure Pool	Henrik		
11.00 - 11.50		S.U.P. Yoga Intro	S.U.P. Core Stability	S.U.P. Yoga	S.U.P. Fitness	S.U.P. Yoga	S.U.P. Fitness	
Leisure Pool		Malin - Book at fitness center	Henrik - Book at fitness center	Malin - Book at fitness center	Roja - Book at fitness center	Malin - Book at fitness center	Roja - Book at fitness center	
12.00 - 12.50		Coretraining level 1	Vinyasa Yoga	Deep Dual Stretch	Vinyasa Yoga	Coretraining level 2	Yin Yoga	
Aerobics Area		Henrik	Malin	Henrik	Malin	Henrik	Malin	
12.00 - 12.50		FC Training Intro	FC Training level 1	FC Training level 2	FC Training level 3	Athletic 5	FC Training - Challenge	
FC Area		Gyula	Gyula	Gyula	Gyula	Gyula	Gyula	
15.00 - 15.30		Aqua Fun - Cool in the Pool*	Aqua Fitness*	H.I.T. Aqua Fitness*	Aqua Fun - Cool in the Pool*	Aqua Zumba	Aqua Zumba	
Leisure Pool		Henrik & Roja Part 1	Rachel	Rachel	Henrik & Roja Part 2	Fernando & Roja	Fernando	
16.00 - 16.50		Group Strength Training Intro	Active Seniors Strength Training	Group Strength Training	RyggFrisk Strength Training	Athletic Strength Training	Strength Training for Runners	
Fitness Centre		Gyula	Gyula	Gyula	Gyula	Gyula	Gyula	
16.00 - 16.50		Easy Ragga Dance*	H.I.T. Functional & Athletic*	Zumba Fitness*	Gymnastic Moves*	AfroBeat*	H.I.T. Functional & Athletic*	
Aerobics Area		Moris	Henrik	Sara, Ivan & Roja	Malin & Henrik	Moris	Henrik	
16.00 - 16.50		AB Attack - HardCore Ab Workout	Easy DanceMoves	Pilates Massage with Tennis Balls	Chair Dance	Fitness Pilates Advanced		
Amphitheatre		Rachel	Moris & Roja	Rachel	Sara	Rachel		
17.00 - 17.50		Fitness & Fun - Team teach	FunClass - DanZy	FunClass - Circuit Training	FunClass - 80´ s Aerobics*	FunClass - Zumba Party	FunClass - Farewell Workout	
Aerobics Area		All Instructors	Team Teach	All Instructors	Team Teach	Sara, Roja, Fernando & Ivan	All Instructors (Team Teach)	
17.50-18.20		Yoga Stretch	DanZy Stretch	Athletic Stretch	Fame Stretch	Nice Stretch		
Aerobics Area		Malin	Moris	Gyula	Roja	Sara		
19.30 - 21.30		Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Gala Night Black & White 19.00	
21.30 - 22.30		Showtime	Showtime	Showtime	Showtime	Showtime		
22.30		22.00 Welcome Party	Live music	White Night	Live music	Live music	Gala Night Live Music	

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**INTERNATIONAL
PRESENTERS
FROM EIGHT
COUNTRIES**



HENRIK BRAMSVED SWE • SARA ULLMAN SWE • MORIS CARDONE ITA • RACHEL HOLMES UK • GYULA BERCSENYI HUN • ROJA KAMALI SWE • IVAN KEIM ARG • FERNANDO BRITO CHI • MALIN BERG SWE • RUBEN ELSTNER GER & MORE

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