

OCTOBER 2016

DELUXE FITNESS & FUN WEEK

GÜRAL PREMIER TEKIROVA
AerobicWeekends SWEDEN apollo

Preliminar program

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Welcome to the Deluxe Fitness & FunWeek at Güral Premier Tekirova	Education	Education	Education	Education	Education	Education	Education	Education	Education	Education	Education
07.30 - 08.00		09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00	09.00-13.00, 15.00-18.00
Beach		Qi Gong at the Beach	Morning Walk/Run	Morning Walk/Run	Morning Walk/Run	Morning Walk/Run	Qi Gong at the Beach	Introduction to meditation	Morning Walk/Run	Meditation at the beach	Morning Walk/Run	Morning Walk/Run
07.30 - 08.15		Henrik	Roja/Petri	Roja/Ruben	Petri	Henrik	Maria	Sara/Ruben	Maria	Sara/Gyula		
Aerobics Area		Morning Yoga	Morning Pilates	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Introduction to meditation	Morning Yoga	Morning Yoga		
08.00 - 08.30		Roja	Sara	Malin	Maria	Maria	Malin	Maria	Malin	Maria		
Fitness Center		E-type Race Spinning	Good Morning Spinning	Melodi Grand Prix Spinning	Good Morning Tabata	Good Morning Pilates	Good Morning Gym	Good Morning Spinning	Good Morning H.I.T.			
09.00 - 09.50		Petri	Henrik	Petri	Rachel	Sara	Gyula	Henrik	Rachel			
Seminar Room		Main Aerobics Area = Yellow	Träna eller Motionera?	Ny Succémetod!	Träna Funktionellt!	Meditera Mera!	Ryggfrisk	Hitta Motivationen	Ny Succémetod!			
09.00 - 09.50		Henrik (in swedish)	Seminar Petri (in swedish)	Seminar Henrik (in swedish)	Henrik & Gyula (in swedish)	Maria (in swedish)	Gyula (in swedish)	Malena (in swedish)	Seminar Henrik (in swedish)			
Aerobics Area	FitnessCenter = Green	Important Info Tour	Step & Dance	PowerStep	Intermediate Step	Important Info Tour	Zumba Step	Power Step	Step & Dance	Intermediate Step	Zumba Step	
10.00 - 10.50		Meet at Aerobics Area 09.00	Sara	Henrik	Rachel	Meet at Aerobics Area 09.00	Fernando	Ivan	Sara	Rachel	Fernando	
Gala Stage	Seminar Room= Orange	XCord - Coretraining level 1	Core on the Ball	XCord - Ryggfrisk		XCord - Coretraining level 1	XCord - Coretraining level 2	XCord - Ryggfrisk	XCord - Level 3	XCord - Flexibility		
10.00 - 10.50		Petri	Henrik at FitnessCenter	Petri		Gyula	Henrik	Henrik	Henrik	Henrik		
Aerobics Area	FC Area = Purple	Welcome Workout	Dance Aerobics	Funk House	Pop Jazz	Welcome Workout	Dance - New Style (Lyrical)	Latino Absoluto	Glamoris DanceAerobics	Street Jazz	Contemporary	Last Chance to Dance!
11.00 - 11.50		Team Teach	Moris	Moris	Moris	Team Teach	Moris	Moris, Ivan & Fernando	Moris	Moris	Ivan	Team Teach
Gala Stage	Leisure Pool = Turchese	Belly Dance	Plyometrix	DanceAerobics	Pilates Beginners		Tabata Intervals	All That Jazz	Fitness Pilates Massage	Bollywood Fitness		
11.00 - 11.50		Roja	Roja at Amphiteatre	Roja	Rachel		Rachel	Sara	Rachel	Sara at Amphiteatre		
Aerobics Area	Beach = Light Blue	AfroDance*	Gympa For Fun*	H.I.T. Functional & Athletic*	Fitness Pilates*	AfroDance*	Deep Work*	Dance with Me*	H.I.T. Intervals Pyramid*	Gympa for fun*	Functional Training*	The Ultimate Circuit
11.00 - 11.50		Sara	Henrik	Henrik, Malena	Rachel	Sara	Ivan	Nadya	Rachel	Henrik	Henrik	Team teach
FC Area	Amphitheatre = Grey	PT-Workshop	PT-Workshop	PT-Workshop	Insta Moves	PT-Workshop	PT-Workshop	Insta Moves	AB Attack HardCore Ab Workout			
11.00 - 11.50		Petri - XCord at GalaStage	Petri - Running School	Petri - Cardio Training	Henrik	Petri - XCord at GalaStage	Petri - Running School	Henrik	Rachel			
Leisure Pool	Gala Stage = Blue	Swim Academy	S.U.P. Yoga	S.U.P. Yoga	Swim Academy	S.U.P. Yoga	Swim Academy	S.U.P. Yoga	Swim Academy	S.U.P. Yoga	S.U.P. Yoga	
12.00 - 12.50		Ruben	Malin	Malin	Malin	Ruben	Malin	Ruben	Malin	Malin	Malin	
Aerobics Area	Important = Mangenta	Coretraining level 1	Yoga Moves	INFLO' Yoga	Yin Yoga	Coretraining level 1	INFLO' Yoga	Deep Dual Stretch	YogaFlow	Yin Yoga	Ballet Moves for Everyone	
12.00 - 12.50		Henrik	Roja	Malin & Maria	Maria	Henrik	Malin & Maria	Henrik & Sara	Maria	Maria	Ivan	
FC Area	Evening Entertainment = Black	FC Training level 1	FC Training level 2	FC Training - Challenge	Outdoor Circuit	FC Training Intro	FC Training level 1	FC Training level 2	FC Training level 3	FC Challenge Active Seniors	FC Ultimate Challenge	
15.00 - 15.30		Petri	Petri	Petri & Malena	Malena	Gyula	Gyula	Gyula	Gyula	Gyula	Gyula	Gyula
Leisure Pool		Aqua Fun - Cool in the Pool*	Aqua Fitness*	Aqua Fitness*	Aqua Gym*	Aqua Fun - Cool in the Pool*	Aqua Fun Latin*	H.I.T. Aqua Fitness*	Aqua Fun in Aqualand*	Aqua Fun Latin*	Aqua Fun - Cool in the Pool*	
16.00 - 16.50		Petri, Roja & Henrik	Henrik	Rachel	Roja	Petri, Roja & Henrik	Fernando	Rachel	14.30 at Aqualand	Fernando	Fernando & Henrik	
Fitness Centre		Group Strength Training	Group Strength Training	Active Seniors Strength Training	Functional Strength Training	Ryggfrisk Strength Training	Active Seniors Strength Training	Strength Training for Runners				
16.00 - 16.50			Petri	Gyula	Gyula	Gyula	Gyula	Gyula	Gyula	Gyula	Gyula	
Aerobics Area		DanZy vs Zumba*	Easy DanceMoves*	Ragga Muffin*	Latino Absoluto	Easy Ragga Dance*	H.I.T. Functional & Athletic*	Zumba Fitness*	80' s Aerobics*	Zumba Party*	H.I.T. Functional & Athletic*	
16.00 - 16.50		Roja, Sara & Henrik	Moris & Roja	Moris	Moris	Moris	Henrik	Sara, Ivan & Fernando	Sara, Nadya & Rachel	Sara, Ivan & Fernando	Henrik	
Amphitheatre		BootCamp for Fun	H.I.T. Intervals	Yin Yoga	BootCamp for Fun	BootCamp for Fun	Chair Dance	Outdoor Circuit	AB Attack HardCore Ab Workout	Fitness Pilates Advanced	Latino Absoluto	
17.00 - 17.50		Petri	Henrik	Maria	Rachel	Petri & Henrik	Rachel & Sara	Henrik	Rachel	Rachel	Moris, Ivan & Fernando	
Aerobics Area		Fitness & Fun - Team teach	FunClass - Circuit Training	FunClass - Circuit Training	FunClass Disco vs BellyDance	Fitness & Fun - Team teach	FunClass - Zumba vs DanZy	FunClass - Circuit Training	FunClass ABBA vs Jackson	FunClass - Farewell Workout		
17.50-18.20		All Instructors	All Instructors (Team Teach)	Team Teach	Roja & Henrik	All Instructors	Team Teach	All Instructors (Team Teach)	Team Teach	Henrik & Fernando	All Instructors (Team Teach)	
Aerobics Area		Nice Stretch	Deep Stretch	Yoga Stretch	YogaFlow Stretch	Nice Stretch	Athletic Stretch	DanZy Stretch	Vinyasa Yoga			
19.30 - 21.30		Henrik	Roja	Malin	Maria	Moris	Gyula	Ivan	Maria			
21.30 - 22.30		Welcome Dinner	Dinner	Black & White Gala	Dinner	Welcome Dinner	White Night	Dinner	Dinner	Dinner	Black & White Gala	
22.30		Showtime	Showtime		Showtime	Children Festival	Showtime	Showtime	Showtime	Showtime		
		Live music	Live music	Gala Night Live Music	Live music	22.00 Welcome Party	White Night	Live music	Live music	Live music	Gala Night Live Music	



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INTERNATIONAL PRESENTERS FROM EIGHT COUNTRIES



Henrik Bramsveld SWE • Sara Ullman SWE • Moris Cardone ITA • Rachel Holmes UK • Gyula Bercsenyi HUN • Roja Kamali SWE • Petri Vähäkuopus FIN • Nadiya Minchenko UKR • Ivan Keim ARG • Maria Ekman SWE • Fernando Brito CHI • Malin Berg SWE • Ruben Elstner GER & more