

WELCOME TO GÜRAL PREMIER & THE 114TH

DELUXE

FITNESS & FUNWEEK™

DELUXEFITNESSFUNWEEKS.COM

AerobicWeekends
 SWEDEN

GÜRAL
 PREMIER HOTELS & RESORTS


VING

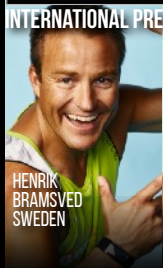
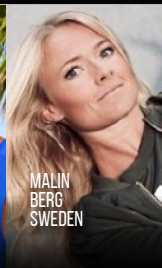
05.10-13.10 GÜRAL PREMIER TEKIROVA

EDUCATIONWEEK
 GROUP FITNESS INSTRUCTORS TRAINING

get inspired

	SATURDAY 05.10	SUNDAY 06.10	MONDAY 07.10	TUESDAY 08.10	WEDNESDAY 09.10	THURSDAY 10.10	FRIDAY 11.10	SATURDAY 12.10	SUNDAY 13.10
07.30-08.00 MEET AT SPORTS AREA/ BEACH	S.U.P. INTRO (STAND UP PADDLE) MAX 8 PERS. HENRIK	S.U.P. YOGA INTRO MAX 8 PERS. MALIN	S.U.P. FITNESS MAX 8 PERS. HENRIK	S.U.P. YOGA MAX 8 PERS. MALIN	S.U.P. FITNESS MAX 8 PERS. HENRIK	S.U.P. YOGA MAX 8 PERS. MALIN	S.U.P. FITNESS MAX 8 PERS. KARIN	S.U.P. YOGA MAX 8 PERS. MALIN	S.U.P. FITNESS MAX 8 PERS. HENRIK
08.00-08.45 SPORTS AREA	MORNING YOGA HENRIK	MORNING CORE & STRETCH HENRIK	MORNING YOGA MALIN	MOVING MEDITATION RACHEL	MORNING YOGA KARIN	MORNING PILATES RACHEL	INNER STRENGTH MALIN	MORNING CORE & STRETCH KARIN	MORNING YOGA MALIN
10.00-10.50 TALK - POOL BAR VILLAS		IMPORTANT INFOTOUR 09.00-09.45 SPORTS AREA	WEIGHT CONTROL RACHEL	CORE STABILITY WORKSHOP HENRIK	HEALTHY BACK KARIN	OFFICE YOGA WORKSHOP MALIN	FIND YOUR MOTIVATION! KARIN (IN SWEDISH)	FITNESS - BACK 2 BASICS HENRIK	
10.00-10.50 SPORTS AREA	DANCE AEROBICS MORIS	DANZY VS. ZUMBA TEAM TEACH	RAGGA DANCEHALL MORIS	SHOW JAZZ SARA	DANCE AEROBICS MORIS & SARA	AFROBEAT SARA & MORIS	FUNKY HOUSE MOVES MORIS	EASY RAGGA DANCE MORIS	BODY TONING ANYA
11.15-11.45 LEISURE POOL	AQUA BIKE ERDAL MONTANA	AQUA FITNESS HENRIK & JENYA	AQUA ZUMBA FERNANDO, KATYA	FOAM PARTY	AQUA PILATES RACHEL & JENYA	AQUA BIKE ERDAL MONTANA	AQUA H.I.T. FITNESS HENRIK & KATYA	AQUA BIKE ERDAL MONTANA	AQUA FITNESS JENYA
11.00-11.50 SPORTS AREA	STEP FOR ALL HENRIK	CORE TRAINING KARIN	FITNESS PILATES RACHEL	STEP' N FUN MORIS & FERNANDO	CORE TRAINING HENRIK	H.I.T. VS TABATA HENRIK & RACHEL	ZUMBA STEP FERNANDO	PILATES SARA	BASIC AEROBICS HENRIK
12.00-12.50 SPORTS AREA	CROSS FITNESS HENRIK	CROSS FITNESS INTRO HENRIK & KARIN	CROSS FITNESS LEVEL 1 HENRIK & KARIN	INNER STRENGTH MALIN	CROSS FITNESS LEVEL 2 HENRIK & KARIN	VINYASA YOGA MALIN	CROSS FITNESS CHALLENGE HENRIK & KARIN	CROSS FITNESS WOD HENRIK & KARIN	CROSS FITNESS WOD HENRIK
15.00-15.50 SPORTS AREA	BELLY DANCE MADINA	PILATES FOR ALL SARA	AFROBEAT MORIS & SARA	SALSA BASICS FERNANDO & SARA	CONTEMPORARY MORIS	STEP LEVEL 2-3 MORIS	CHAIR DANCE SARA	BELLY DANCE MADINA	INNER STRENGTH MALIN
16.00-16.50 SPORTS AREA	EASY DANCEMOVES MORIS & HENRIK	LATINO AEROBICS FERNANDO, SARA & MORIS	BOOTCAMP FOR FUN HENRIK & RACHEL	PILATES RESISTANCE BANDS RACHEL	POWER STEP RACHEL & HENRIK	SOMA MOVE KARIN	BOOTCAMP FOR FUN KARIN & MALIN	STEP & STRONG HENRIK & SARA	ZUMBA ECE
16.00-16.50 FITNESS CENTER		STRENGTH TRAINING INTRO KARIN & HENRIK	STRENGTH TRAINING TECHNIQUE KARIN	STRENGTH TRAINING BASIC PROGRAM KARIN	STRENGTH TRAINING LIFTING SCHOOL KARIN	STRENGTH TRAINING HANGING SCHOOL HENRIK	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING FOLLOW THE PROGRAM
17.00-17.40 SPORTS AREA	FITNESS & FUN H.I.T. VS TABATA	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN 70'S, 80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN H.I.T. VS TABATA
17.40-18.00 SPORTS AREA	STRETCH & RELAX MORIS	STRETCH & RELAX KARIN	STRETCH & RELAX RACHEL	STRETCH & RELAX MORIS	YOGA STRETCH SARA	STRETCH & RELAX KARIN	STRETCH & RELAX HENRIK	STRETCH & RELAX SARA	YOGA STRETCH MALIN
21.30-22.30 AMPHITHEATRE	BLACK & WHITE GALA TODES DANCE SHOW	SHOWTIME SWING LATINO	SHOWTIME TELEPHONE DANCE	SHOWTIME CUBAN DANCE & AEROBATICS	SHOWTIME SHAMAN DANCE	SHOWTIME CIRCLE OF EVOLUTION	KIDS FESTIVAL RUSSIAN CIRCUS ON ICE	BLACK & WHITE GALA TODES DANCE SHOW	SHOWTIME SWING LATINO
22.30- PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	LIVE MUSIC PARTY AREA	EVENING ENTERTAINMENT

INTERNATIONAL PRESENTER TEAM

HENRIK
BRAMSVED
SWEDENRACHEL
HOLMES
GREAT BRITAINMORIS
CARDONE
GERMANYSARA
ULLMAN
SWEDENFERNANDO
BRITO
CHILEMALIN
BERG
SWEDENKARIN
HENNING
SWEDEN

"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 Güral Premier."

#1 FITNESS HOLIDAY IN EUROPE!



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