

WELCOME TO GÜRAL PREMIER & THE 114TH

DELUXE

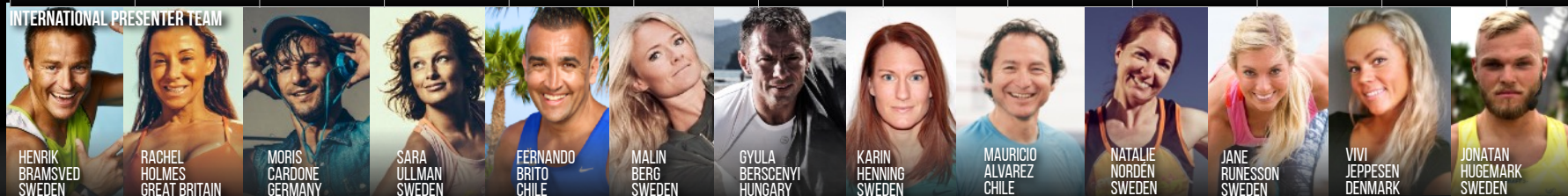
29.09-5.10 GÜRAL PREMIER BELEK • 06.10-11.10 GÜRAL PREMIER TEKIROVA

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GÜRAL
 PREMIER HOTELS & RESORTS


PRELIMINAR PROGRAM	SUNDAY 29.09	MONDAY 30.09	TUESDAY 01.10	WEDNESDAY 02.10	THURSDAY 03.10	FRIDAY 04.10	SATURDAY 05.10	SUNDAY 06.10	MONDAY 07.10	TUESDAY 08.10	WEDNESDAY 09.10	THURSDAY 10.10	FRIDAY 11.10	SATURDAY 12.10
07.00-07.45 BEACH		MORNING WALK • RUN JANE & MAUI	SUNRISE MOUNTAIN WALK 07.00 QIGONG	FUNCTIONAL WALK MAUI & VIBEKE	MORNING WALK • RUN MAUI & NATALIE	SUNRISE MOUNTAIN WALK 07.00 QIGONG	MORNING WALK • RUN HENRIK & MAUI	MOUNTAIN WALK • RUN HENRIK	MORNING CARDIO 07.00 GYULA	SUNRISE QIGONG WALK 07.00 QIGONG	MORNING CARDIO 07.00 GYULA	SUNRISE MOUNTAIN 07.00 HENRIK	MORNING SWIM 07.00 GYULA	MORNING CARDIO 07.00 GYULA
08.00-08.45 SPORTS AREA		MORNING PILATES NATALIE	MOVING MEDITATION RACHEL	MORNING YOGA JANE	MORNING PILATES RACHEL	CORE & STRETCH JANE	MORNING YOGA NATALIE	MORNING PILATES RACHEL	MORNING STRETCH MORIS	CORE & STRETCH HENRIK	MORNING YOGA HENRIK	MORNING STRETCH MORIS	MORNING YOGA HENRIK	QIGONG AT THE BEACH HENRIK
10.00-10.50 SEMINAR ROOM	IMPORTANT INFOTOUR 09.00 SPORTS AREA	TRÄNA ELLER MOTIONERA? HENRIK	RYGGFRISK VIBEKE & HENRIK	KORTKURS OM KOST HENRIK	WEIGHT CONTROL RACHEL	HITTA MOTIVATIONEN! VIBEKE	TRÄNA MED PULSEN! MAUI	IMPORTANT INFOTOUR 09.00 SPORTS AREA	TRÄNA FUNKTIONELLT 09.00 GYULA	KORTKURS OM KOST 09.00 HENRIK	PREHAB & PREPARE 09.00 GYULA	HEALTHY BACK 09.00 HENRIK	ATHLETIC TRAINING 09.00 GYULA	TRÄNA MED PULSEN! 09.00 HENRIK
10.00-10.50 SPORTS AREA	WELCOME WORKOUT TEAM TEACH	EASY DANCE MOVES VIVI	SOCAL FITNESS VIVI	SHOW JAZZ VIVI	DANCE AEROBICS MORIS	FUNKY HOUSE MOVES MORIS & VIVI	RAGGA DANCEHALL MORIS	SHOW JAZZ VIVI	DANCE AEROBICS MORIS	AFROBEAT MORIS	FUNKY HOUSE MOVES MORIS	STREET DANCE MORIS	DANCE AEROBICS HENRIK	ATLET 5AN TEST 10-12.00 FC GYULA
11.00-11.50 SPORTS AREA	H.I.T. WORKOUT VIVI & JANE	CORE TRAINING 1 HENRIK & JANE	POWER STEP RACHEL & HENRIK	DANZY TEAM TEACH	ZUMBA STEP FERNANDO & VIVI	H.I.T. WORKOUT HENRIK, RACHEL	CORE TRAINING 2 HENRIK & TED	STEP 'N FUN MORIS & FERNANDO	CORE TRAINING 1 HENRIK	H.I.T. VS TABATA HENRIK & MORIS	POWERSTEP HENRIK & MORIS	EASY RAGGA DANCE MORIS	CORE TRAINING 2 HENRIK & JONATAN	H.I.T. WORKOUT TEAM TEACH
11.00-11.50 TENNIS COURT 6	H.I.T. WORKOUT AT MC1	XCORD INTRO MAUI	XCORD vs. LIFTING MAUI, NATALIE, JONATAN	XCORD vs. BOX MAUI & JANE	XCORD vs. LIFTING MAUI, NATALIE, JONATAN	XCORD vs. BOX MAUI & JANE	XCORD vs. TABATA NATALIE & RACHEL	H.I.T. WORKOUT RACHEL	CROSSFITNESS vs. XCORD GYULA	XCORD STRENGTH JONATAN	ATHLETIC LIFTING 2 MAX 20P GYULA	HEALTHY BACK TRAINING HENRIK	FIGHTING FYS GYULA	ATLET 5AN TEST CONT. GYULA
11.00-11.50 THE LAWN	ACTIVE SENIORS CARDIO VIBEKE	ACTIVE SENIORS GYMPA VIBEKE	ACTIVE SENIORS RYGGFRISK VIBEKE	ACTIVE SENIORS STRENGTH NATALIE	ACTIVE SENIORS CARDIO VIBEKE	ACTIVE SENIORS BALANCE VIBEKE	ACTIVE SENIORS BOOTCAMP MAUI	H.I.T. WORKOUT AT TC6 RACHEL	ACTIVE SENIORS SALSA 1 FERNANDO	ACTIVE SENIORS SALSA 2 FERNANDO	ACTIVE SENIORS BOOTCAMP ANNIE	HEALTHY BACK AT TC6 HENRIK	FIGHTING FYS AT TC6 GYULA	H.I.T. WORKOUT AT MC1
11.00-11.40 LEISURE POOL	AQUA FUN TEAM TEACH	AQUA SPLASHDANCE HENRIK, VIBEKE, JANE	POOL PARTY	AQUA H.I.T. FITNESS VIVI, JANE, HENRIK	AQUA ZUMBA FERNANDO, MARION	FOAM PARTY	AQUA SPLASHDANCE FERNANDO, HENRIK	AQUA FUN PLAYITAS SPORTS TEAM	AQUA SPLASHDANCE HENRIK, MARION	POOL PARTY	AQUA H.I.T. FITNESS HENRIK & MARION	AQUA ZUMBA FERNANDO, MARION	FOAM PARTY	AQUA SPLASHDANCE HENRIK WITH TEAM
12.00-12.50 SPORTS AREA	CORE & STRETCH VIVI	SOMA MOVE NATALIE	EASY YOGA MOVES JANE	GYMPA FOR FUN HENRIK	CORE & STRETCH HENRIK & VIVI	SOMA MOVE NATALIE	DEEP DUAL STRETCH HENRIK & NATALIE	FITNESS PILATES RACHEL	DANZY STRETCH MORIS	RAGGA DANCEHALL MORIS	CORE & STRETCH HENRIK	SHOW JAZZ MORIS	BASIC GYMNASTICS HENRIK & GYULA	DEEP DUAL STRETCH HENRIK
12.00-12.50 THE LAWN	CROSSFITNESS WOD JANE & TED	CROSSFITNESS INTRO MAUI & TED	CROSSFITNESS LEVEL 1 MAUI, NATALIE, TED	CROSSFITNESS LEVEL 2 MAUI, NATALIE, TED	CROSSFITNESS LEVEL 3 MAUI, TED & JANE	CROSSFITNESS CHALLENGE MAUI & TED	CROSSFITNESS WOD MAUI	CROSSFITNESS WOD JONATAN	RUNNERS STRENGTH GYULA	STABILITY LEVEL 1 GYULA	SPEED TRAINING GYULA	STABILITY LEVEL 2 GYULA	BASIC GYMNASTICS AT MC1 GYULA	CROSSFITNESS WOD JONATAN
15.00-15.50 SPORTS AREA	HEALTHY BACK VIBEKE	LATIN DANCE MIX VIVI	ZUMBA FITNESS MARION & VIVI	FITNESS PILATES RACHEL	STREET JAZZ MORIS	STEP 'N DANCE MORIS	AFROBEAT MORIS	ZUMBA FERNANDO & MARION	CONTEMPORARY PART 1 MORIS	STEP LEVEL 2-3 MORIS	CONTEMPORARY PART 2 MORIS	DANCE AEROBICS LEVEL 2-3 MORIS	CROSSFITNESS WOD JONATAN	POWER FOR FUN HENRIK
16.00-16.50 FITNESSCENTER	STRENGTH TRAINING INTRO MAUI & NATALIE	STRENGTH TRAINING INTRO MAUI & NATALIE	STRENGTH TRAINING INTRO MAUI & NATALIE	STRENGTH TRAINING NATALIE	STRENGTH TRAINING ACTIVE SENIORS VIBEKE	STRENGTH TRAINING MAUI & NATALIE	STRENGTH TRAINING MAUI & NATALIE	BODY CONTROL 17.00 TC6 GYULA	MOBILITY TRAINING INTRO GYULA	ATHLETIC LIFTING 1 MAX 10P GYULA	SPECIFIC STRENGTH TRAINING GYULA	ATHLETIC LIFTING 3 MAX 10P GYULA	ATLETIC 5 TEST MAX 15P GYULA	ELEMENT 5 ADVENTURE MEET 15.30
16.00-16.50 PLAZA RAMBLA		BASIC AEROBICS HENRIK & JANE	RUNNING SCHOOL BASIC JANE	BOOTCAMP FOR FUN MAUI & JANE	RUNNING SCHOOL SPRINTS JANE	LATINO AEROBICS FERNANDO & MORIS	SALSA BASICS FERNANDO	RUNNING SCHOOL SPRINTS JANE	BOOTCAMP FOR FUN HENRIK	RUNNING SCHOOL JONATHAN	BASIC AEROBICS HENRIK	BOOTCAMP FOR FUN HENRIK	GYMPA FOR FUN HENRIK	ELEMENT 5 ADVENTURE CONT.
17.00-17.45 SPORTS AREA	FITNESS & FUN WELCOME!	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S, 80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S, 80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN FAREWELL WORKOUT
17.45-18.15 SPORTS AREA	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	SWIMRUN FOR FUN 17.00 BEACH BAR	YOGA STRETCH MALIN	STRETCH & RELAX VIVI	STRETCH & RELAX RACHEL	STRETCH & RELAX JANE	STRETCH & RELAX MORIS	YOGA STRETCH MALIN	SWIMRUN FOR FUN 17.00 BEACH BAR	STRETCH & RELAX HENRIK	STRETCH & RELAX JANE	YOGA STRETCH MALIN	STRETCH & RELAX RACHEL
19.30-20.00 POOL BAR	WELCOME CHAMPAGNE & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DRESS WHITE	AFTER WORKOUT BEACH BAR 18.00	BLACK & WHITE GALA MINGLE	BLACK & WHITE GALA MINGLE	MEET & GREET CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DC WHITE	AFTER WORKOUT BEACH BAR 18.00	BLACK & WHITE GALA MINGLE	FAREWELL MINGLE
21.30- PARTY AREA	WELCOME PARTY PALAPA BAR	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE POOL PARTY	LIVE MUSIC LA BODEGA	GALA NIGHT	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE POOL PARTY	LIVE MUSIC IRISH PUB	BLACK & WHITE PARTY WITH SALSA	GALA NIGHT

INTERNATIONAL PRESENTER TEAM

HENRIK
BRAMSVED
SWEDENRACHEL
HOLMES
GREAT BRITAINMORIS
CARDONE
GERMANYSARA
ULLMAN
SWEDENFERNANDO
BRITO
CHILEMALIN
BERG
SWEDENGYULA
BERSCENYI
HUNGARYKARIN
HENNING
SWEDENMAURICIO
ALVAREZ
CHILENATALIE
NORDEN
SWEDENJANE
RUNESSON
SWEDENVIVI
JEPPSEN
DENMARKJONATAN
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 DELUXEFITNESSFUNWEEKS.COM
 AEROBICWEEKENDS.COM
 GÜRALPREMIER.COM
 SMS/TEL +46 703322446
 MAIL@AEROBICWEEKENDS.COM