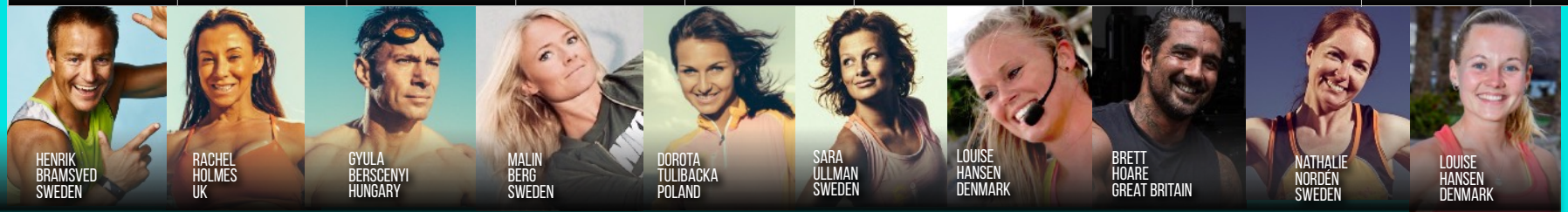
Fitness Week™

1-10 OF DECEMBER 2022

LA PALMA PRINCESS

★★★★ LA PALMA & TENEGUÍA PRINCESS VITAL & FITNESS · AerobicWeekends SWEDEN · Bravo Tours · Solresor · AKTIVSENIOR · STYRKEVECKAN · ATLETVECKAN · EDUCATIONWEEK · get inspired · LA PALMA FITNESS CENTRE by Princess

Preliminar Program	THURSDAY 1 DECEMBER	FRIDAY 2 DECEMBER	SATURDAY 3 DECEMBER	SUNDAY 4 DECEMBER	MONDAY 5 DECEMBER	TUESDAY 6 DECEMBER	WEDNESDAY 7 DECEMBER	THURSDAY 8 DECEMBER	FRIDAY 9 DECEMBER	SATURDAY 10 DECEMBER
08.00-08.30 MEET AT ACTIVITY POOL AREA	WELCOME TO THE FITNESS WEEK LA PALMA PRINCESS	MORNING SWIM AT THE POOL BRETT	FUNCTIONAL WALK HENRIK	MORNING WALK•RUN LOUISE & GYULA	MORNING SWIM AT THE POOL GYULA	OCEAN WALK WITH QIGONG HENRIK	MORNING WALK•RUN EVA MARIE H-O & RIKARD	FUNCTIONAL WALK HENRIK & NATALIE	MORNING SWIM AT THE POOL GYULA	MORNING SWIM AT THE POOL GYULA
08.30-09.00 ACTIVITY POOL AREA		MORNING PILATES DOROTA	MORNING YOGA MALIN	MORNING PILATES SARA	AQUA MOVING MEDITATION HEATED POOL - RACHEL	MORNING YOGA MALIN	MOVING MEDITATION RACHEL	MORNING YOGA MALIN	MORNING PILATES SARA	MORNING YOGA MALIN
10.00-10.50 SEMINAR ROOM		FITNESS KNOW-HOW GYULA & HENRIK	SUSTAINABLE HEALTH HENRIK	FUCTIONAL TRAINING GYULA & HENRIK	HEALTHY BACK HENRIK & GYULA	HOW TO REDUCE STRESS RACHEL	HOW TO BUILD MUSCLES AKO	OFFICE YOGA MALIN	CARDIO TRAINING THEORY HENRIK	ITRAINER ONLINE PROGRAMS INFO
10.00-10.50 ACTIVITY POOL AREA		FUNKY HOUSE MOVES THEA	EASY DANCE MOVES MALIN & HENRIK	EASY DANCE MOVES THEA & SARA	CHAIR DANCE SARA	SHOW JAZZ SARA	DANCE AEROBICS SARA	FUNKY HOUSE MOVES THEA	RAGGA DANCEHALL THEA	CHECKOUT 11.00
11.00-11.50 OCEAN VIEW FITNESS AREA		H.I.T. VS TABATA LOUISE	POWER STEP HENRIK	CORE TRAINING LEVEL 1 HENRIK & BRETT	POWER STEP RACHEL & HENRIK	DANZY VS. ZUMBA SARA, THEA, LINA & HENRIK	STEP FOR ALL RACHEL & SARA	DRUMZ WORKOUT SARA	H.I.T. VS TABATA HENRIK & RACHEL	TRANSFER TO AIRPORT 11.30
11.00-11.50 FITNESS CENTER		STRENGTH TRAINING SCHOOL BRETT	STRENGTH TRAINING SCHOOL BRETT	XCORD INTRO GYULA STRENGTH TRAINING AKO	LIFTING SCHOOL 1 AKO STRENGTH TRAINING BRETT	10.00 -17.00 EXCURSION NOT INCLUDED LA ISLA BONITA BIKE & HIKE	XCORD HIT NATALIE & BRETT STRENGTH TRAINING ONKAR	SPINNING VS KBNATALIE STRENGTH TRAINING AKO	XCORD VS KETTLEBELLS GYULA & BRETT	
11.00-11.50 ACTIVITY POOL AREA		ACTIVE SENIORS BALANCE LOUISE	ACTIVE SENIORS STRENGTH MALIN	ACTIVE SENIORS WALK & TALK EVA-MARIE & H-O	ACTIVE SENIORS HEALTHY BACK GYULA & HENRI		MOUNTAINBIKE TOUR 11.00-13.00 NATALIE & GYULA	ACTIVE SENIORS BALANCE MALIN & LINA	ACTIVE SENIORS SALSA SARA	
12.00-12.50 OCEAN VIEW FITNESS AREA		CROSSFITNESS WOD BRETT	CROSSFITNESS WOD HENRIK	CROSSFITNESS INTRO GYULA & BRETT	CROSSFITNESS LEVEL1 GYULA & BRETT		CROSSFITNESS WOD VIVI	CROSSFITNESS W.O.D. BRETT & NATALIE	CROSSFITNESS LEVEL3 GYULA & BRETT	THANK YOU ALL FOR THE FANTASTIC TIME AT LA PALMA PRINCESS
12.00-12.50 ACTIVITY POOL AREA		DANZY LOUISE & THEA	INNER STRENGTH MALIN	AFRO BEAT THEA & SARA	BARRE BEATS RACHEL & MALIN		DEEP DUAL STRETCH HENRIK & MALIN	YOGA MOVES MALIN	AFRO BEAT SARA & THEA	
15.15-15.45 HEATED POOL		AQUA FITNESS LOUISE & THEA	AQUA FITNESS HENRIK	AQUA SPLASHDANCE HENRIK, SARA & THEA	AQUA FITNESS THEA & RACHEL		AQUA DANZY SARA, HENRIK & THEA	AQUA FUN RACHEL, HENRIK & THEA	AQUA FITNESS THEA & HENRIK	
15.00-15.50 ACTIVITY POOL AREA		MOBILITY HENRIK	HEALTHY BACK HENRIK	BODY CONDITIONING RACHEL	DRUMZ WORKOUT SARA		STREET JAZZ VIVI	DANZY SARA, THEA & HENRIK	BARRE BEATS MALIN & SARA	
16.00-16.50 OCEAN VIEW FITNESS AREA	IMPORTANT INFOTOUR 16.00-16.45 MEET AT RECEPTION	RUNNING SCHOOL 1 LOUISE	BASIC STEP HENRIK	CHAIR YOGA MALIN	FIGHTING FYS AKO, GYULA & BRETT	AIKIDO FLOW SELF DEFENCE AKO	RUNNING SCHOOL 1 NATALIE	PILATES ACTIVATION BANDS RACHEL	AIKIDO FLOW SELF DEFENCE AKO	
16.00-16.50 FITNESS CENTER		STRENGTH TRAINING INTRO NATALIE & BRETT	IMPORTANT INFOTOUR 16.00 MEET AT RECEPTION	STRENGTH TRAINING INTRO NATALIE & BRETT	SPINNING VS STRENGTH TRAINING NATALIE & BRETT	STRENGTH TRAINING FOR RUNNERS GYULA	STRENGTH TRAINING ACTIVESENIORS HENRIK	STRENGTH TRAINING LEGS & BOOTY AKO	FUNCTIONAL CIRCUIT NATALIE & BRETT	
17.00-17.50 FITNESS CENTER		CROSSFITNESS BRETT	CROSSFITNESS GYULA	CROSSFITNESS AKO	CROSSFITNESS GYULA	CROSSFITNESS AKO	CROSSFITNESS GYULA	CROSSFITNESS AKO	CROSSFITNESS GYULA	
17.00-17.40 ACTIVITY POOL AREA	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70 S,80 S & 90 S	FITNESS & FUN B & W GALA WORKOUT	FITNESS & FUN WORKOUT	FITNESS & FUN FARWELL WORKOUT	
17.40-18.00 ACTIVITY POOL AREA	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX SARA	STRETCH & RELAX HENRIK	STRETCH & RELAX RACHEL	YOGA STRETCH MALIN	STRETCH & RELAX NATALIE	STRETCH & RELAX SARA	
19.00-19.30 MEET BEFORE DINNER	WELCOME CAVA & MINGLE LA CHOZA POOL RESTAURANT	SUNSET MINGLE WITH CAVA POOLBAR	WELCOME CAVA & MINGLE LA CHOZA POOL RESTAURANT	SANGRIA & MINGLE POOLBAR	WHITE NIGHT SUNSET BAR DRESS WHITE	RETRO MINGLE WITH ROSÉ LA CHOZA POOL RESTAURANT	BLACK & WHITE GALA MINGLE LA CHOZA POOL RESTAURANT	CHILLOUT MINGLE WITH CAVA POOLBAR	LAST MINGLE LA CHOZA POOL RESTAURANT	
21.00-21.30	WELCOME DINNER 19.30 LA CHOZA POOL RESTAURANT	LATE NIGHT PILATES FITNESS CENTER	WELCOME DINNER 19.30 LA CHOZA POOL RESTAURANT	BEDTIME MEDITATION FITESS CENTER	SALSA DANCE INSTRUCTION DISCO AREA	PARTY WORKOUT DISCO AREA	GIN YOGA FITNESS CENTER	LATE NIGHT PILATES FITNESS CENTER	BLACK & WHITE GALA DINNER LA CHOZA POOL RESTAURANT	
21.30 PARTY AREA	CANARIO DANCE SHOW	ANIMATION VARIETY	LATIN DANCE SHOW	THIUYA LIVE MUSIC	VOYAGE CIRCUS SHOW	ACROBATIC SHOW	THE GREATEST SHOWMAN	CANARIO DANCE SHOW	ANIMATION VARIETY	



FITESSWEEK LA PALMA PRINCESS
AEROBICWEEKENDS SWEDEN INTERNATIONAL
#FITNESSWEEKLAPALMA
#AEROBICWEEKENDS @AEROBICWEEKENDS
#BESTFITNESSHOLIDAYEVER
#LAPALMAFITNESS #TRAVELCONORDIC
FITNESSWEEKLAPALMA.COM
AEROBICWEEKENDS.COM
SMS/TEL +46 703322446
MAIL@AEROBICWEEKENDS.COM

Class descriptions are available at Aerobicweekeds.com/lapalma/classes.pdf