



# PROMOTION EDITION Fitness Week™

26TH OF MARCH - 2ND OF APRIL 2020  
LA PALMA PRINCESS

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LA PALMA & TENEGUÍA PRINCESS  
VITAL & FITNESS

AerobicWeekends

TravelCo Nordic

Solresor

Bravo Tours

Solia

AKTIVSENIOR

ATLETVECKAN

EDUCATION WEEK  
GROUP FITNESS INSTRUCTORS TRAINING

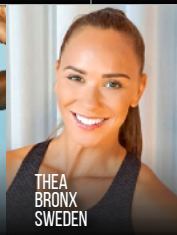
get inspired



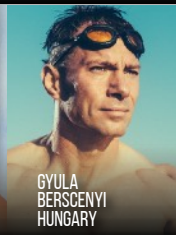
Preliminar Program	THURSDAY 26 MARS	FRIDAY 27 MARS	SATURDAY 28 MARS	SUNDAY 29 MARS	MONDAY 30 MARS	TUESDAY 31 MARS	WEDNESDAY 1 APRIL
08.00-08.30 MEET AT ACTIVITY POOL AREA	FUNCTIONAL WALK HENRIK	MORNING WALK•RUN EVA MARIE H-O & GYULA & RIKARD	MORNING SWIM AT THE POOL GYULA	OCEAN WALK WITH QIGONG HENRIK	MORNING WALK•RUN EVA MARIE H-O & RIKARD	FUNCTIONAL WALK HENRIK & NATALIE	MORNING SWIM AT THE POOL GYULA
08.30-09.00 ACTIVITY POOL AREA	MORNING YOGA MALIN	MORNING PILATES SARA	AQUA MOVING MEDITATION HEATED POOL - RACHEL	MORNING YOGA MALIN	MOVING MEDITATION RACHEL	MORNING YOGA MALIN	MORNING PILATES SARA
10.00-10.50 SEMINAR ROOM		FUNCTIONAL TRAINING GYULA & HENRIK	HEALTHY BACK HENRIK & GYULA	HOW TO REDUCE STRESS RACHEL	HOW TO BUILD MUSCLES AKO	OFFICE YOGA MALIN	CARDIO TRAINING THEORY HENRIK
10.00-10.50 ACTIVITY POOL AREA	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
11.00-11.50 OCEAN VIEW FITNESS AREA	POWER STEP HENRIK	CORE TRAINING LEVEL 1 HENRIK & BRETT	POWER STEP RACHEL & HENRIK	DANZY VS. ZUMBA SARA, THEA, LINA & HENRIK	<p>09.00 - 17.00</p> <p>EXCURSION NOT INCLUDED</p> <p>LA ISLA BONITA BIKE &amp; HIKE</p>	DRUMZ WORKOUT SARA	H.I.T. VS TABATA HENRIK & RACHEL
11.00-11.50 FITNESS CENTER		XCORD INTRO GYULA STRENGTH TRAINING AKO	LIFTING SCHOOL 1 AKO & BRETT STRENGTH TRAINING ONKAR	XCORD vs KETTLEBELLS GYULA & BRETT STRENGTH TRAINING AKO		SPINNING VS KBNATALIE STRENGTH TRAINING AKO	XCORD VS KETTLEBELLS GYULA & BRETT
11.00-11.50 ACTIVITY POOL AREA	ACTIVE SENIORS STRENGTH MALIN	ACTIVE SENIORS WALK & TALK EVA-MARIE & H-O	ACTIVE SENIORS HEALTHY BACK GYULA & HENRIK	ACTIVE SENIORS ADVENTURE WALK EVA-MARIE H-O		ACTIVE SENIORS BALANCE MALIN & LINA	ACTIVE SENIORS SALSA SARA
12.00-12.50 OCEAN VIEW FITNESS AREA	CROSSFITNESS WOD HENRIK	CROSSFITNESS INTRO GYULA & BRETT	CROSSFITNESS LEVEL 1 GYULA & BRETT	CROSSFITNESS LEVEL 2 GYULA & BRETT		CROSSFITNESS W.O.D. BRETT & NATALIE	CROSSFITNESS LEVEL 3 GYULA & BRETT
12.00-12.50 ACTIVITY POOL AREA	INNER STRENGTH MALIN	AFRO BEAT THEA & SARA	BARRE BEATS RACHEL & MALIN	INNER STRENGTH MALIN		YOGA MOVES MALIN	AFRO BEAT SARA & THEA
15.15-15.45 HEATED POOL	AQUA FITNESS HENRIK	AQUA SPLASHDANCE HENRIK, SARA & THEA	AQUA FITNESS THEA & RACHEL	AQUA H.I.T. FITNESS HENRIK, THEA & BRETT		AQUA FUN RACHEL, HENRIK & THEA	AQUA FITNESS THEA & HENRIK
15.00-15.50 ACTIVITY POOL AREA	<p>IMPORTANT INFOTOUR 18.30-19.00 MEET AT RECEPTION</p>	BODY CONDITIONING RACHEL	DRUMZ WORKOUT SARA	PILATES ACTIVATION BANDS RACHEL		DANZY SARA, THEA & HENRIK	BARRE BEATS MALIN & SARA
16.00-16.50 OCEAN VIEW FITNESS AREA		CHAIR YOGA MALIN	FIGHTING FYS AKO, GYULA & BRETT	AIKIDO FLOW SELF DEFENCE KENNETH		PILATES ACTIVATION BANDS RACHEL	AIKIDO FLOW SELF DEFENCE KENNETH
16.00-16.50 FITNESS CENTER		STRENGTH TRAINING INTRO NATALIE & BRETT	SPINNING vs STRENGTH TRAINING NATALIE & BRETT	STRENGTH TRAINING FOR RUNNERS GYULA		STRENGTH TRAINING LEGS & BOOTY AKO	FUNCTIONAL CIRCUIT NATALIE & BRETT
17.00-17.50 FITNESS CENTER			CROSSFITNESS ATLETVECKAN - GYULA	CROSSFITNESS ATLETVECKAN - AKO		CROSSFITNESS ATLETVECKAN - GYULA	CROSSFITNESS ATLETVECKAN - GYULA
17.00-17.40 ACTIVITY POOL AREA	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70 S, 80 S & 90 S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN WORKOUT	FITNESS & FUN BLACK & WHITE GALA
17.40-18.00 ACTIVITY POOL AREA	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	SANGRIA & MINGLE POOLBAR	WHITE NIGHT SUNSET BAR DRESS WHITE	RETRO MINGLE WITH ROSÉ LA CHOZA POOL RESTAURANT	AFTER WORKOUT ACTIVITY POOL AREA 18.00	CHILLOUT MINGLE WITH CAVA POOLBAR	BLACK & WHITE GALA MINGLE LA CHOZA POOL RESTAURANT
21.00-21.30	WELCOME DINNER 19.30 LA CHOZA POOL RESTAURANT	BEDTIME MEDITATION FITNESS 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	ANIMATION LATIN DANCE SHOW	THIUYA LIVE MUSIC	VOYAGE CIRCUS SHOW	KENYA BROTHERS ACROBATIC SHOW	THE GREATEST SHOWMAN	FOLKLORE CANARIO DANCE SHOW	ANIMATION VARIETY



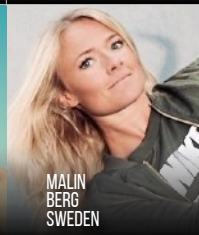
HENRIK  
BRAMSVÉD  
SWEDEN



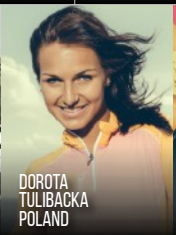
THEA  
BRONX  
SWEDEN



GYULA  
BERCSENYI  
HUNGARY



MALIN  
BERG  
SWEDEN



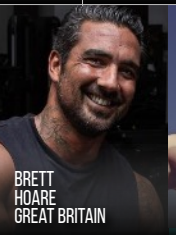
DOROTA  
TULIBACKA  
POLAND



HANS-OVE  
BRAMSVÉD  
SWEDEN



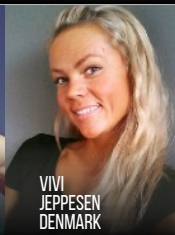
EVA MARIE  
BRAMSVÉD  
SWEDEN



BRETT  
HOARE  
GREAT BRITAIN



NATHALIE  
NORDEN  
SWEDEN



VIVI  
JEPPESSEN  
DENMARK



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AEROBICWEEKENDS SWEDEN INTERNATIONAL  
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Class descriptions are available at [Aerobicweekends.com/lapalma/classes.pdf](http://Aerobicweekends.com/lapalma/classes.pdf)