

Fitness Week™

1-10 of December 2023
LA PALMA PRINCESS

LA PALMA & TENEGUÍA PRINCESS
VITAL & FITNESS

AerobicWeekends

INSPIRATION
TOURS & EVENTS

Bravo Tours AKTIVSENIOR

STYRKEVECKAN

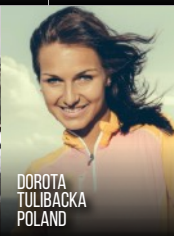
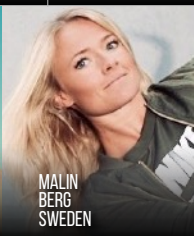
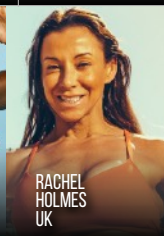
ATLETVECKAN

EDUCATIONWEEK

get inspired



Preliminar Program	FRIDAY 1 DECEMBER	SATURDAY 2 DECEMBER	SUNDAY 3 DECEMBER	MONDAY 4 DECEMBER	TUESDAY 5 DECEMBER	WEDNESDAY 6 DECEMBER	THURSDAY 7 DECEMBER	FRIDAY 8 DECEMBER	SATURDAY 9 DECEMBER	SUNDAY 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 & KICKI	MORNING WALK•RUN LOUISE & GYULA	MORNING SWIM AT THE POOL GYULA	OCEAN WALK WITH QIGONG HENRIK	MORNING WALK•RUN KICKI & LOUISE	FUNCTIONAL WALK HENRIK & KICKI	MORNING SWIM AT THE POOL GYULA	MORNING SWIM AT THE POOL GYULA
08.30-09.00 ACTIVITY POOL AREA		MORNING PILATES DOROTA	MORNING YOGA KICKI	MORNING PILATES SARA	AQUA MOVING MEDITATION HEATED POOL - RACHEL	MORNING YOGA MALIN	MOVING MEDITATION RACHEL	MORNING YOGA KICKI	MORNING PILATES SARA	MORNING YOGA MALIN
10.00-10.50 SEMINAR ROOM		FITNESS KNOW-HOW GYULA & HENRIK	SUSTAINABLE HEALTH HENRIK	FUNCTIONAL TRAINING GYULA & HENRIK	HEALTHY BACK HENRIK & GYULA	HOW TO REDUCE STRESS RACHEL	HOW TO BUILD MUSCLES BRETT & GYULA	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	
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 - 19.00 EXCURSION NOT INCLUDED LA ISLA BONITA "THE BEAUTIFUL ISLAND"	XCORD HIT BRETT STRENGTH TRAINING GYULA	SPINNING VS KBNATALIE STRENGTH TRAINING AKO	XCORD VS KETTLEBELLS GYULA & BRETT	TRANSFER TO AIRPORT 11.30
11.00-11.50 ACTIVITY POOL AREA		ACTIVE SENIORS BALANCE LOUISE	ACTIVE SENIORS STRENGTH MALIN	ACTIVE SENIORS WALK & TALK KICKI & HENRIK	ACTIVE SENIORS HEALTHY BACK GYULA		MOUNTAINBIKE TOUR 11.00-13.00 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 LEVEL 1 GYULA & BRETT		CROSSFITNESS WOD VIVI	CROSSFITNESS W.O.D. BRETT & NATALIE	CROSSFITNESS LEVEL 3 GYULA & BRETT	
12.00-12.50 ACTIVITY POOL AREA		DANZY THEA DOROTA HENRIK	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 & KICKI	AQUA FITNESS HENRIK & KICKI	AQUA SPLASHDANCE HENRIK, SARA & THEA	AQUA FITNESS THEA, RACHEL & KICKI	AQUA DANZY SARA, HENRIK & THEA	AQUA FUN RACHEL, HENRIK & THEA	AQUA FITNESS THEA & HENRIK	THANK YOU ALL FOR THE FANTASTIC TIME AT LA PALMA PRINCESS	
15.00-15.50 ACTIVITY POOL AREA	MOBILITY & FLEXIBILITY HENRIK	HEALTHY BACK HENRIK	BODY CONDITIONING RACHEL	DRUMZ WORKOUT SARA & HENRIK	STREET JAZZ SARA	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 & DOROTA	CHAIR YOGA MALIN	FIGHTING FYS GYULA & BRETT	AIKIDO FLOW SELF DEFENCE BRETT	RUNNING SCHOOL 1 LOUISE	PILATES ACTIVATION BANDS RACHEL	AIKIDO FLOW SELF DEFENCE GYULA & BRETT	
16.00-16.50 FITNESS CENTER		STRENGTH TRAINING INTRO NATALIE & BRETT	IMPORTANT INFOTOUR 16.00 MEET AT RECEPTION	STRENGTH TRAINING INTRO GYULA & BRETT	WINNING VS STRENGTH TRAINING GYULA & BRETT	STRENGTH TRAINING FOR RUNNE GYULA	STRENGTH TRAINING ACTIVSENIORS HENRIK	STRENGTH TRAINING LEGS & BOD BRETT & GYULA	FUNCTIONAL CIRCUIT GYULA & BRETT	
17.00-17.50 FITNESS CENTER		CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & GYULA	CROSSFITNESS BRETT & 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 KICKI & HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX KICKI	STRETCH & RELAX HENRIK	STRETCH & RELAX RACHEL	YOGA STRETCH MALIN	STRETCH & RELAX KICKI	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 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	CANARIO DANCE SHOW	ANIMATION VARIETY	LATIN DANCE SHOW	THIUYA LIVE MUSIC	VOYAGE CIRCUS SHOW	ACROBATIC SHOW	THE GREATEST SHOWMAN	CANARIO DANCE SHOW	ANIMATION VARIETY	



FITNESSWEEK LA PALMA PRINCESS
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Class descriptions are available at Aerobicweekends.com/lapalma/classes.pdf