



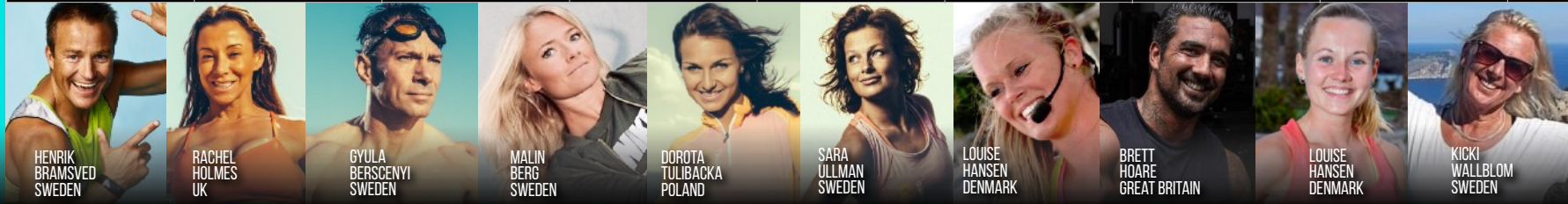
Fitness Week™

6-14 of December 2024
LA PALMA PRINCESS

Preliminar Program	FRIDAY 6 DECEMBER	SATURDAY 7 DECEMBER	SUNDAY 8 DECEMBER	MONDAY 9 DECEMBER	TUESDAY 10 DECEMBER	WEDNESDAY 11 DECEMBER	THURSDAY 12 DECEMBER	FRIDAY 13 DECEMBER	SATURDAY 14 DECEMBER
08.00-08.30 MEET AT ACTIVITY POOL AREA	<p>WELCOME TO THE FITNESS WEEK LA PALMA PRINCESS</p>	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	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 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	CARDIO TRAINING THEORY HENRIK	TRAINER 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	RAGGA DANCEHALL THEA	<p>CHECKOUT 11.00</p> <p>TRANSFER TO AIRPORT 11.30</p>
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	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	<p>10.00 - 19.00</p> <p>EXCURSION NOT INCLUDED</p> <p>LA ISLA BONITA "THE BEAUTIFUL ISLAND"</p>	CORD VS KETTLEBELLS GYULA & BRETT STRENGTH TRAINING AKO	XCORD HIT BRETT STRENGTH TRAINING GYULA	XCORD VS KETTLEBELLS GYULA & BRETT	
11.00-11.50 ACTIVITY POOL AREA		ACTIVE SENIORS BALANCE LOUISE	ACTIVE SENIORS STRENGTH MALIN	ACTIVE SENIORS WALK & TALK KICKI & HENRIK		ACTIVE SENIORS DVENTURE WALK EVA-MARIE H-	MOUNTAINBIKE TOUR 11.00-13.00 GYULA	ACTIVE SENIORS SALSA SARA	
12.00-12.50 OCEAN VIEW FITNESS AREA		CROSSFITNESS WOD BRETT	CROSSFITNESS WOD HENRIK	CROSSFITNESS INTRO GYULA & BRETT		CROSSFITNESS LEVEL2 GYULA & BRETT	CROSSFITNESS WOD VIVI	CROSSFITNESS LEVEL3 GYULA & BRETT	
12.00-12.50 ACTIVITY POOL AREA		DANZY THEA DOROTA HENRIK	INNER STRENGTH MALIN	AFRO BEAT THEA & SARA		INNER STRENGTH MALIN	DEEP DUAL STRETCH HENRIK & 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 H.I.T. FITNESS HENRIK, THEA & BRETT	AQUA DANZY SARA, HENRIK & THEA	AQUA FITNESS THEA & HENRIK	
15.00-15.50 ACTIVITY POOL AREA		MOBILITY & FLEXIBILITY HENRIK	HEALTHY BACK HENRIK	BODY CONDITIONING RACHEL		PILATES ACTIVATION BANDS RACHEL	STREET JAZZ SARA	BARRE BEATS MALIN & SARA	
16.00-16.50 OCEAN VIEW FITNESS AREA		<p>IMPORTANT INFOTOUR 16.00-16.45 MEET AT RECEPTION</p>	RUNNING SCHOOL 1 LOUISE	BASIC STEP HENRIK & DOROTA	CHAIR YOGA MALIN	FIGHTING FYS GYULA & BRETT	AIKIDO FLOW SELF DEFENCE BRETT	RUNNING SCHOOL 1 LOUISE	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	SPINNING VS STRENGTH TRAINING GYULA & BRETT	STRENGTH TRAINING FOR RUNNER GYULA	STRENGTH TRAINING ACTIVSENIORS HENRIK	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
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 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 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	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	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	ANIMATION VARIETY	

THANK YOU ALL FOR THE FANTASTIC TIME AT LA PALMA PRINCESS

SEE YOU ALL SOON AGAIN!



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