

FITNESS & FUN FOR EVERYONE



# Fitness Week™

20 November - 5 December

LA PALMA PRINCESS

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LA PALMA & TENEGUÍA PRINCESS  
VITAL & FITNESS

AerobicWeekends SWEDEN

Bravo Tours

AKTIVSENIOR

STYRKEVECKAN  
AKO RAHIM - GYULA BERSCENYI

EB GYM  
EGOBOOZT

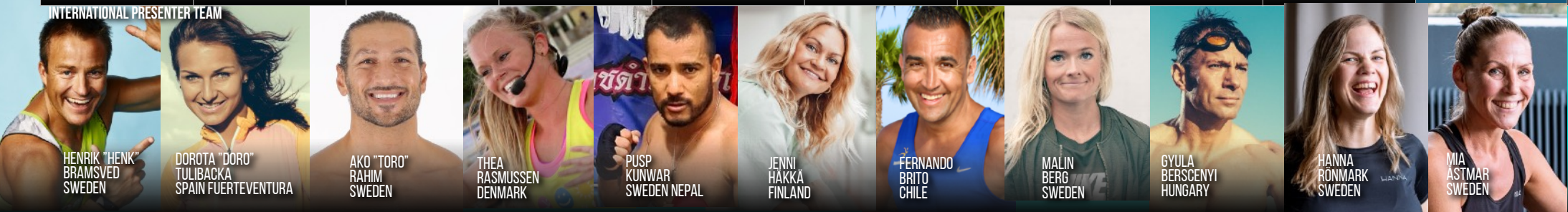
EDUCATION WEEK  
GROUP FITNESS INSTRUCTORS TRAINING

get inspired



Preliminary program	FRIDAY 20 NOVEMBER	SATURDAY 21 NOVEMBER	SUNDAY 22 NOVEMBER	MONDAY 23 NOVEMBER	TUESDAY 24 NOVEMBER	WEDNESDAY 25 NOVEMBER	THURSDAY 26 NOVEMBER	FRIDAY 27 NOVEMBER	SATURDAY 28 NOVEMBER
07.30-08.00 MEET AT ACTIVITY POOL AREA	<p>WELCOME TO THE FITNESSWEEK LA PALMA PRINCESS</p>	MORNING SWIM HEATED POOL PUSP	FUNCTIONAL WALK GYULA, PUSP & AKO	MORNING SWIM HEATED POOL PUSP	POWER WALK AKO & PUSP	MORNING SWIM HEATED POOL HENRIK & AKO	POWER WALK AKO & PUSP	MORNING SWIM HEATED POOL PUSP & HENRIK	SUNRISE WALK WITH QIGONG HENRIK
08.15-08.55 ACTIVITY POOL AREA		MORNING YOGA THEA	MORNING YOGA THEA & MALIN	SUNRISE QIGONG & YOGA DORO & MALIN	MOVING MEDITATION THEA & JENNI	MORNING YOGA MALIN & JENNI	MORNING PILATES JENNI & MALIN	MORNING YOGA MALIN	TRANSFER TO AIRPORT 11.00
10.00-10.50 SEMINAR ROOM		SUSTAINABLE HEALTH HENRIK & MALIN	5 ELEMENT TRAINING GYULA & HENRIK	STRENGTH TRAINING THEORY AKO	HEALTHY BACK THEORY HENRIK	HAPPY PELVIS JENNI	RECOVERY & RELOAD AKO	CARDIO TRAINING THEORY HENRIK	<p>THANK YOU ALL FOR THE FANTASTIC TIME AT LA PALMA PRINCESS</p> <p>SEE YOU ALL SOON AGAIN!</p> <p>FITNESSWEEK LA PALMA PRINCESS AEROBICWEEKENDS SWEDEN</p> <p>#FITNESSWEEKLAPALMA #AEROBICWEEKENDS @AEROBICWEEKENDS #BESTFITNESSHOLIDAYEVER #LAPALMAFITNESS</p> <p>FITNESSWEEKLAPALMA.COM AEROBICWEEKENDS.COM SMS/TEL +46 703322446 MAIL@AEROBICWEEKENDS.COM</p> <p>Scan for more info</p>
11.00-11.50 FITNESS CENTER		STRENGTH TRAINING ACADEMY AKO & MIA	STRENGTH TRAINING ACADEMY AKO & HANNA	STRENGTH TRAINING ACADEMY AKO & GYULA	LIFTING SCHOOL AKO & GYULA	AQUA FITNESS BASIC MOVES HEATED POOL HENRIK	STRENGTH TRAINING ACADEMY AKO & GYULA	STRENGTH TRAINING ACADEMY AKO & GYULA	
11.00-11.50 ACTIVITY POOL AREA		HIT WORKOUT THEA & MIA	EASY DANCE MOVES DOROTA & THEA	BACHATA & SALSA DOROTA & FERNANDO	DANZY VS ZUMBA HEA HENRIK FERNANDO JENNI	AQUA FITNESS PRINCESS TEAM	SALSA BASIC FERNANDO JENNI	DANZY PARTY FERNANDO WITH TEAM	
12-12.50 ACTIVITY POOL AREA		CORE & BALANCE THEA & MARIKA	PILATES FOR ALL DORO	CORE & BALANCE THEA & MARIKA	HEALTHY BACK HENRIK	08.30-17.30 EXCURSION NOT INCLUDED LA ISLA BONITA "THE BEAUTIFUL ISLAND"	GYMPA FOR FUN HENRIK	CORETRAINING MALIN	
12.00-12.50 ACTIVITY POOL AREA		SWIM W.O.D MIA & PUSP	BEACH W.O.D AKO & PUSP	SWIM W.O.D AKO & PUSP	FIGHT FIT AKO & PUSP	14.30 PADEL AKO	BEACH W.O.D AKO & PUSP	12.00 PADEL HENRIK & AKO	
15.00-15.30 HEATED POOL	AQUA FIESTA HENRIK JENNI AKO	AQUA FITNESS THEA WITH TEAM	AQUA FITNESS HENRIK THEA PUSP	AQUA SPLASHDANCE DORO HENRIK	AQUA H.I.T FITNESS HENRIK PUSP AKO	AQUA FIESTA HENRIK JENNI AKO	AQUA FIESTA HENRIK JENNI AKO		
16.00-16.50 ACTIVITY POOL AREA	<p>INFOTOUR 16.30 MEET AT RECEPTION IN SPORTS CLOTHES</p>	RUNNING SCHOOL 1 PUSP	DEFENZO SELF DEFENSE PUSP	BASIC AEROBICS THEA & HENRK	EASY DANCE MOVES JENNI DORO	AQUA FITNESS HENRIK, THEA & PUSP	DEFENZO SELF DEFENSE PUSP	STEP FOR FUN HENRIK OCEAN VIEW AREA	
16.00-16.50 FITNESS CENTER		CROSSFIT INTRO AKO MIA GYULA	CROSSFIT INTRO AKO & GYULA	CROSSFIT W.O.D. AKO & GYULA	CROSSFIT W.O.D. AKO & GYULA	CROSSFIT W.O.D. AKO & GYULA	CROSSFIT W.O.D. AKO & GYULA	CROSSFIT CHALLENGE AKO & GYULA	
17.00-17.45 ACTIVITY POOL AREA	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN DANZY PARTY	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN PARTY WORKOUT	FITNESS & FUN 70 S,80 S & 90 S	FITNESS & FUN SUPER CIRCUIT	17.00 - 18.00 SUNSET BANANA WALK TO THE SECRET BEACH MEET AT THE RECEPTION	
17.45-18.15 ACTIVITY POOL AREA	SUNSET WELCOME WORKOUTS TEAM TEACH	SUNSET WELCOME WORKOUT TEAM TEACH	YOGA STRETCH DOROTA	STRETCH & RELAX HENRIK	YOGA STRETCH JENNI	STRETCH & RELAX HENRIK	YOGA STRETCH THEA		
19.00-19.30 MEET BEFORE DINNER	WELCOME CAVA & MINGLE SUNSET BAR	WELCOME CAVA & MINGLE SUNSET BAR	SUNSET MINGLE WITH CAVA SUNSET BAR	TROPICAL AFTER WORKOUT 18.00 ACTIVITY POOL	WHITE NIGHT SUNSET BAR DRESSCODE WHITE	MINGLE WITH ROSÉ SUNSET BAR	MINGLE & CAVA SUNSET BAR	BLACK & WHITE MINGLE SUNSET BAR DRESSCODE BLACK & WHITE	
19.30-21.00	WELCOME DINNER MAIN RESTAURANT	WELCOME DINNER MAIN RESTAURANT	DINNER MAIN RESTAURANT	DINNER DRESSCODE COLORFUL MAIN RESTAURANT	DINNER MAIN RESTAURANT	DINNER MAIN RESTAURANT	DINNER MAIN RESTAURANT	BLACK & WHITE GALA DINNER MAIN RESTAURANT	
21.30 JALEA DISCO	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	

INTERNATIONAL PRESENTER TEAM



HENRIK "HENK"  
BRAMSVÉD  
SWEDEN

DOROTA "DORO"  
TULIBACKA  
SPAIN FUERTEVENTURA

AKO "TORO"  
RAHIM  
SWEDEN

THEA  
RASMUSSEN  
DENMARK

PUSP  
KUNWAR  
SWEDEN NEPAL

JENNI  
HAKKA  
FINLAND

FERNANDO  
BRITO  
CHILE

MALIN  
BERG  
SWEDEN

GYULA  
BERSCENYI  
HUNGARY

HANNA  
RÖNMARK  
SWEDEN

MIA  
ASTMAR  
SWEDEN