



IBEROSTAR BELLEVUE • ALL-INCLUSIVE • MONTENEGRO • 4-11 OKTOBER 2024

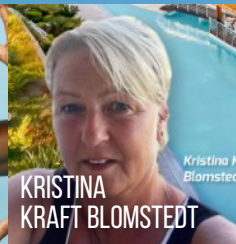
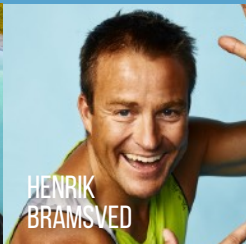
Fitness & Fun Week

ActiveSeniors

AerobicWeekends SWEDEN

INSPIRATION event & resor

BELLEVUE
★★★★
IBEROSTAR



	FREDAG 4/10	LÖRDAG 5/10	SÖNDAG 6/10	MÅNDAG 7/10	TISDAG 8/10	ONSDAG 9/10	TORSDAG 10/10	FREDAG 11/10	
07.30-08.00 MEET AT THE POOL	 WELCOME TO THE FITNESS & FUNWEEK ACTIVESENIORS IBEROSTAR BELLEVUE RESETIDER 10:30 AVRESA ARLANDA 16:10 ANKOMST PODGORICA 18:30 ANKOMST HOTELL 19:30 MIDDAG 20:30-21:30 VÄLKOMSTMÖTE KONFERENSLOKAL PARK	MORNING WALK KRISTINA & LOUISE	FUNCTIONAL WALK KRISTINA & LOUISE	MORNING WALK KRISTINA & LOUISE	FUNCTIONAL WALK KRISTINA & LOUISE	MORNING WALK KRISTINA & LOUISE	FUNCTIONAL WALK KRISTINA & LOUISE	MORNING WALK KRISTINA & LOUISE	
07.30-08.00 MEET AT THE BEACH		MORNING SWIM HENRIK	YOGA & SWIM HENRIK	MORNING SWIM HENRIK	STRETCH & SWIM HENRIK	MORNING SWIM HENRIK	STRETCH & SWIM HENRIK		
08.00-08.45 GRASS AREA OPEN		MORNING YOGA LOUISE	MORNING YOGA LOUISE	CORE & STRETCH HENRIK	MOVING MEDITATION HENRIK	MORNING YOGA LOUISE	MORNING YOGA LOUISE		MORNING YOGA HENRIK
08.00-08.45 MEET AT THE POOL		QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA		
10.00-10.45 KONFERENSRUM PARK		TRÄNA SMART! HENRIK	RYGGFRISK HENRIK	STARK SENIOR HENRIK	HITTA MOTIVATIONEN! HENRIK	HÅLLBAR HÄLSA HENRIK	KORTKURS OM KOST HENRIK		RESURSTID
11.00-11.40 MAIN POOL		AQUA FITNESS KRISTINA	AQUA STRENGTH KRISTINA	AQUA TABATA KRISTINA	AQUA FITNESS KRISTINA	AQUA STRENGTH KRISTINA	AQUA TABATA KRISTINA		HEMRESEINFO 11/10 11.00 UTCHECKNING 13.30 BUSS AVGÅR FRÅN HOTELL 16:50 AVRESA PODGORICA 22:20 ANKOMST ARLANDA SCAN FOR ONLINE PROGRAM, INFO ABOUT CLASSES AND INSTRUCTORS WWW.AEROBICWEEKENDS.COM/MONTENEGRO
12.00-12.30 MULTI COURT		CORETRAINING TEAM TEACH	CIRKEL TRÄNING HENRIK & LOUISE	EXCURSION 13.30-19.00 "BÅTTUR TILL KOTOR" NOT INCLUDED 40€	STARKA BEN TEAM TEACH	FUNKTIONELL CIRKEL TEAM TEACH	CROSSFITNESS HENRIK		
15.15-15.45 MAIN POOL OPEN		AQUA FITNESS KRISTINA & HENRIK	AQUA SPLASH DANCE HENRIK LOUISE		AQUA SPLASH DANCE HENRIK	AQUA FITNESS KRISTINA & HENRIK	AQUA SPLASH DANCE HENRIK LOUISE		
16.00-16.45 MULTI COURT OPEN		EASY DANCE HENRIK	STEP AEROBICS HENRIK		DANS & BALANS HENRIK & MONICA	EASY AEROBICS LOUISE	DANZY PARTY TEAM TEACH		
16.00-16.45 GRASS AREA		RYGGFRISK LOUISE	BALANS & RÖRLIGHET LOUISE	STARK SENIOR LOUISE	RYGGFRISK HENRIK	STARKA BEN LOUISE & HENRIK			
17.00-17.30 MULTI COURT	FUNKTIONELL STYRKA MONICA	FUNKTIONELL STYRKA MONICA	FUNKTIONELL 60, 70, 80-TAL TEAM TEACH	FUNKTIONELL STYRKA MONICA	FAREWELL WORKOUT				
17.30-17.45 MULTI COURT	RÖRLIGHET MONICA	STRETCH & RELAX MONICA	YOGA STRETCH LOUISE	STRETCH & RELAX HENRIK	STRETCH & RELAX LOUISE				
19.00 PIZZA TERRACE	MINGLE WITH CAVA	MINGLE DRESSCODE WHITE	MINGLE TRY LOCAL WINE	MINGLE GRAND BAR DRESS CODE COLORFUL	BLACK & WHITE MINGLE PIZZATERRACE				
19.30 RESTAURANT	DINNER TERRACE	DINNER TERRACE	DINNER TERRACE	DINNER TERRACE	DINNER TERRACE				
21.30- LATE	FOLKLORE SHOW OUTDOOR STAGE	LIVE MUSIC OUTDOOR STAGE	RETRO PARTY BEACH BAR	20.30 MUSIC QUIZ CONFERENCE ROOM	LIVE MUSIC OUTDOOR STAGE	PARTY DJ-NIGHT OUTDOOR STAGE	RETRO PARTY BEACH BAR		



FITNESS & FUNWEEK MONTENEGRO

FOR PICTURES & VIDEOS & HAPPY MEMORIES