



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

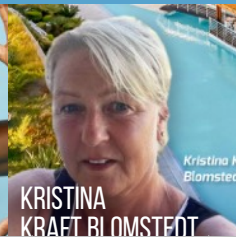
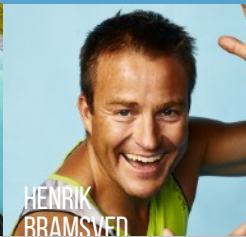
# Fitness & Fun Week

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	 <b>WELCOME TO THE FITNESS &amp; FUNWEEK ACTIVESENIORS IBEROSTAR BELLEVUE</b>  <b>ARRIVAL INFO 4/10</b> ARLANDA-PODGORICA: 10:30 - 16:10	MORNING WALK KRISTINA & LOUISE	FUNCTIONAL WALK KRISTINA & LOUISE	MORNING WALK KRISTINA & LOUISE	FUNCTIONAL WALK KRISTINA & LOUISE	MORNING WALK KRISTINA & LOUISE	FUNCTIONAL WALK KRISTINA & LOUISE	<b>DEPARTURE INFO</b> 11/10 PODGORICA-ARLANDA: 16:50 - 22:20  <b>THANK YOU FOR A WONDERFUL WEEK AT IBEROSTAR</b>  <b>SEE YOU ALL SOON AGAIN!</b>
07.30-08.00 MEET AT THE BEACH		MORNING SWIM HENRIK	S.U.P. YOGA HENRIK	MORNING SWIM HENRIK	S.U.P. YOGA HENRIK	MORNING SWIM HENRIK	S.U.P. YOGA HENRIK	
08.00-08.45 YOGA SHALA OPEN		MORNING YOGA LOUISE	MORNING YOGA LOUISE	CORE & STRETCH HENRIK	MOVING MEDITATION HENRIK	MORNING YOGA LOUISE	MORNING YOGA LOUISE	
08.00-08.45 MEET AT THE YOGA SHALA		QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	
10.00-10.45 SEMINAR		TRÄNA SMART! HENRIK	RYGGFRISK HENRIK	STARK SENIOR HENRIK	HITTA MOTIVATIONEN! HENRIK	HÅLLBAR HÄLSA HENRIK	KORTKURS OM KOST HENRIK	
11.00-11.40 MAIN POOL	AQUA FITNESS KRISTINA	AQUA STRENGTH KRISTINA	AQUA TABATA KRISTINA	AQUA FITNESS KRISTINA	AQUA STRENGTH KRISTINA	AQUA TABATA KRISTINA		
12.00-12.30 SPORT AREA	CORETRAINING TEAM TEACH	CIRKEL TRÄNING HENRIK & LOUISE	CROSSFITNESS HENRIK	STYRKA BEN TEAM TEACH	CIRKEL TRÄNING HENRIK & LOUISE	CROSSFITNESS HENRIK		
15.15-15.45 MAIN POOL OPEN	AQUA FITNESS KRISTINA & HENRIK	AQUA SPLASH DANCE HENRIK LOUISE	AQUA FITNESS KRISTINA & HENRIK	<b>EXCURSION</b> 13.00-19.00  "BÄTTUR TILL KOTOR"  NOT INCLUDED 40€	AQUA FITNESS KRISTINA & HENRIK	AQUA SPLASH DANCE HENRIK LOUISE		
16.00-16.45 YOGA SHALA	<b>16.00-17.00 IMPORTANT INFOTOUR</b> MEET AT RECEPTION	DANS & BALANS HENRIK & MONICA	STEP AEROBICS HENRIK & LOUISE		EASY DANCE HENRIK	EASY AEROBICS HENRIK & LOUISE	DANZY PARTY TEAM TEACH	
16.00-16.45 W.O.D. BOX		RYGGFRISK HENRIK	BALANS & RÖRLIGHET LOUISE		STARK SENIOR LOUISE	RYGGFRISK HENRIK	STARKA BEN LOUISE & HENRIK	
17.00-17.45 YOGA SHALA	WELCOME GYMPA TEAM TEACH	FUNKTIONELL STYRKA MONICA	FUNKTIONELL STYRKA MONICA	FUNKTIONELL 60, 70, 80 TAL TEAM TEACH	FUNKTIONELL STYRKA MONICA	FAREWELL WORKOUT		
17.45-18.15 YOGA SHALA OPEN	STRETCH & RELAX HENRIK	YOGA STRETCH LOUISE	STRETCH & RELAX MONICA	YOGA STRETCH LOUISE	STRETCH & RELAX HENRIK	STRETCH & RELAX LOUISE		
19.30-20.00 MAIN BAR	WELCOME CAVA & MINGLE	MINGLE DRESS CODE WHITE	OST & VIN-PROVNING	RETRO MINGLE DRESS CODE RETRO	ROSE & CHILL MINGLE	MINGLE DRESS CODE COLORFUL	BLACK & WHITE GALA MINGLE	
20.00-21.30 RESTAURANT	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21.30-LATE	WELCOME PARTY MAIN BAR	WHITE PARTY MAIN BAR	MUSIC QUIZ POOL BAR	RETRO PARTY MAIN BAR	SALSA PARTY POOL BAR	COLORFUL PARTY MAIN BAR	BLACK & WHITE PARTY MAIN BAR	

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