

WELCOME TO PLAYITAS & THE 120TH

INTERNATIONAL

16TH - 25TH OF MARCH 2020

FITNESSFUNWEEKS.COM



FITNESS & FUNWEEK™

AerobicWeekends
SWEDEN



play itas

apollo sports



FORMAKROPPEN
Kraft & Kunskap till en bättre livsstil

AKTIVSENIOR

EDUCATION WEEK
GROUP FITNESS INSTRUCTORS TRAINING

get inspired

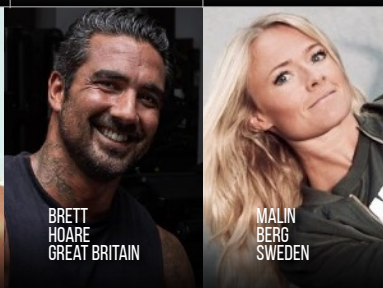
PLEASE CONTACT THE SPORTS BOOKING AT PLAYITAS FOR MORE INFORMATION HOW TO BOOK & PAY FOR THE EVENT

	MONDAY 16.03	TUESDAY 17.03	WEDNESDAY 18.03	THURSDAY 19.03	FRIDAY 20.03	SATURDAY 21.03	SUNDAY 22.03	MONDAY 23.03	TUESDAY 24.03	WEDNESDAY 25.03
INSTRUCTOR EDUCATION		08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00	08.00-13.00, 14.00-18.00
07.30-08.00 MEET AT MC1		FUNCTIONAL WALK HENRIK	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00-8.00	MORNING WALK•RUN SOFIA & RIKARD	FUNCTIONAL WALK HENRIK	QIGONG AT THE BEACH 07:30 BEACH BAR HENRIK	MORNING WALK•RUN SOFIA & RIKARD	YOGA AT THE BEACH 07:30-08.15 BEACH BAR MALIN	CORE & STRETCH 08.00-08.45 MC1 HENRIK	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00-8.30 HENRIK MEET AT MC1
08.00-08.45 MULTI COURT 1		EASY YOGA MOVES MALIN	MOVING MEDITATION MALIN	MORNING YOGA MALIN	MORNING CORE & STRETCH HENRIK	MORNING YOGA MALIN	MORNING PILATES MALIN			
10.00-10.50 SEMINAR ROOM	WELCOME TO PLAYITAS & THE 120TH INTERNATIONAL FITNESS & FUNWEEK	TRÄNA ELLER MOTIONERA!? HENRIK	KORTKURS OM KOST! HENRIK	RYGGFRISK HENRIK	OFFICE YOGA MALIN	MINDFULNESS MALIN	TRÄNA MED PULSEN! HENRIK	FUNCTIONAL FITNESS BASIC SKILLS! HENRIK	FIND YOUR "MOVETIVATION"! HENRIK	HEALTHY WEIGHT CONTROL HENRIK
10.00-10.50 PLAZA RAMBLA		FIGHT FIT BRETT	AFRODANCE MALIN	AEROBIC DANCE MALIN	CARDIO STEP HENRIK	SALSA BASICS DOROTA	BACHATA BASICS DOROTA			
11.00-11.50 OPEN MULTI COURT 1		CORE TRAINING 1 HENRIK	POWER STEP HENRIK	FIGHT FIT BRETT	DANZY TEAM TEACH	H.I.T. vs TABATA HENRIK	INNER STRENGTH MALIN	FIGHT FIT FOR ALL BRETT & HENRIK	CORE TRAINING LEVEL 1-3 HENRIK & BRETT	POWER STEP ALL LEVELS HENRIK
11.00-11.50 TC 6		XCORD INTRO BRETT	KETTLEBELLS INTRO BRETT	HEALTHY BACK RYGGFRISK - HENRIK	BOXING FOR ALL BRETT	WEIGHT LIFTING SCHOOL BRETT	XCORD CORE TRAINING HENRIK			
11.00-11.50 ACTIVE SENIORS		ACTIVE SENIORS WALK & TALK - SOFIA	ACTIVE SENIORS KETTLEBELLS AT TC6	ACTIVE SENIORS RYGGFRISK HENRIK TC6	ACTIVE SENIORS POWER WALK - SOFIA	ACTIVE SENIORS BALANCE - MALIN	ACTIVE SENIORS XCORD HENRIK TC6	ACTIVE SENIORS MOBILITY - MALIN	ACTIVE SENIORS CORE - MC1 HENRIK	ACTIVE SENIORS POWER WALK - SOFIA
12.00-12.50 MULTI COURT 1		EASY DANCE MOVES MALIN & HENRIK	EASY YOGA MALIN	PILATES FOR ALL MALIN	INNER STRENGTH MALIN	TRI BARRE MALIN & DOROTA	DEEP DUAL STRETCH HENRIK & DOROTA	YOGA FLOW MALIN	INNERSTRENGTH MALIN	YIN YOGA MALIN
12.00-12.50 PLAZA RAMBLA		CROSSFITNESS INTRO BRETT	CROSSFITNESS LEVEL 1 HENRIK & BRETT	CROSSFITNESS LEVEL 2 BRETT & HENRIK	CROSSFITNESS LEVEL 3 HENRIK & BRETT	CROSSFITNESS CHALLENGE X HENRIK & HENRIK	SWIMRUN FOR FUN BEACH BAR RIKARD	CROSSFITNESS W.O.D. BRETT & HENRIK	CROSSFITNESS W.O.D. BRETT & HENRIK	CROSSFITNESS CHALLENGE X HENRIK & BRETT
15.15-15.45 OPEN APARTHOTEL POOL		AQUA SPLASHDANCE HENRIK, SOFIA & RIKARD	AQUA H.I.T. FITNESS HENRIK & BRETT	AQUA FUN PLAYITAS SPORTS TEAM	AQUA FITNESS HENRIK & RIKARD	AQUA FUN PLAYITAS SPORTS TEAM	AQUA SPLASHDANCE HENRIK & DOROTA	AQUA FUN PLAYITAS SPORTS TEAM	AQUA FITNESS FLOW HENRIK & RIKARD	AQUA SPLASHDANCE TEAM TEACH
16.00-16.50 PLAZA RAMBLA		IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	RUNNING SCHOOL RIKARD	SWIMRUN FOR FUN MEET AT BEACH BAR	BASIC AEROBICS MALIN & HENRIK	BASIC HOUSE MOVES MALIN	STEP DANCE HENRIK & DOROTA	AFRODANCE MALIN & DOROTA	BASIC AEROBICS HENRIK & MALIN	SWIMRUN FOR FUN - FOR ALL MEET AT THE BEACH BAR
16.00-16.50 FITNESSCENTER			STRENGTH TRAINING INTRO BRETT	STRENGTH TRAINING LEGS & BUM BRETT	STRENGTH TRAINING SHOULDERS & CHEST BRETT	RUNNING SCHOOL PLAZA RAMBLA RIKARD	STRENGTH TRAINING ABS & BACK BRETT	STRENGTH TRAINING ACTIVE SENIORS MALIN	BOOTCAMP FOR FUN BRETT, HENRIK & RIKARD	STRENGTH TRAINING LEGS & BUM BRETT
17.00-17.45 OPEN MULTI COURT 1	FITNESS & FUN WELCOME!	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70 S, 80 S & 90 S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN FAREWELL DANZY PARTY
17.45-18.15 OPEN MULTI COURT 1	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX MALIN	STRETCH & RELAX PLAYITAS SPORTS TEAM	YOGA STRETCH MALIN	STRETCH & RELAX PLAYITAS SPORTS TEAM	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYITAS SPORTS TEAM
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DRESS WHITE	AFTER WORKOUT SURF CLUB 18.00	BLACK & WHITE GALA MINGLE	SALSA & ROSE MINGLE	MEET & GREET CAVA & MINGLE	SANGRIA PARTY	FAREWELL MINGLE
21.30- ENTERTAINMENT	EVENING CHILL-OUT PALAPA BAR	WELCOME PARTY LA LUIGI	GIN YOGA MALIN SEMINAR ROOM	WHITE PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	GIN YOGA MALIN SEMINAR ROOM	WELCOME PARTY PALAPA BAR	BEDTIME MEDITATION MALIN SEMINAR ROOM	FAREWELL PARTY

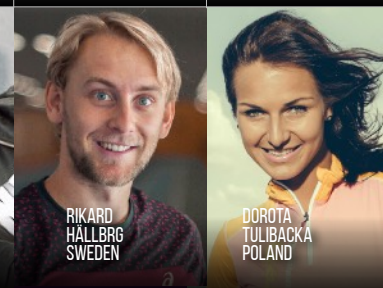
CLASS DESCRIPTIONS AT FITNESSFUNWEEKS.COM



HENRIK BRAMSVÉD SWEDEN



RACHEL HOLMES GREAT BRITAIN



BRETT HOARE GREAT BRITAIN



MALIN BERG SWEDEN



RIKARD HALLBRG SWEDEN



DOROTA TULIBACKA POLAND

SOFIA HEDBERG SWEDEN

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