

# FITNESS & FUNWEEK

FUERTEVENTURA 27.03-03.04 2017



Preliminar program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00-08.45 SPORTS AREA	MORNING YOGA MALIN	MOVE & MEDITATION RACHEL	MORNING YOGA MALIN	MORNING PILATES SARA	CORE & STRETCH HENRIK	MOVE & MEDITATION RACHEL	MORNING PILATES SARA
10.00-11.55 SPORTS AREA	FITNESS PILATES RACHEL	SURF ACADEMY PRO SURF INSTRUCTOR	H.I.T. WORKOUT RACHEL	ZUMBA FITNESS SARA & FERNANDO	SURF ACADEMY PRO SURF INSTRUCTOR	CORE TRAINING HENRIK	SURF ACADEMY PRO SURF INSTRUCTOR
11.00-11.55 SPORTS AREA	DANZY TEAMTEACH	CORE TRAINING HENRIK	BOLLYWOOD FITNESS SARA & RACHEL	DANZY TEAMTEACH	AFRO DANCE SARA	CHAIR DANCE SARA & RACHEL	S.U.P. FITNESS HENRIK
12.00-12.50 SPORTS AREA	CROSS FITNESS HENRIK	BEACH BOOTCAMP PETRI	RUNNING SCHOOL PETRI	CROSS FITNESS HENRIK	BEACH BOOTCAMP PETRI	RUNNING SCHOOL PETRI	CROSS FITNESS HENRIK
15.00-15.45 LEISSURE POOL	AQUA FITNESS RACHEL & HENRIK	AQUA SPLASH DANCE SARA & HENRIK	SWIM ACADEMY PETRI	AQUA H.I.T FITNESS RACHEL	AQUA SPLASH DANCE SARA & HENRIK	SWIM ACADEMY PETRI	AQUA ZUMBA FERNANDO
16.00-16.50 SPORTS AREA	H.I.T. WORKOUT RACHEL	POWER STEP RACHEL	XCORD HENRIK	BASIC AEROBIGS SARA	BOOTCAMP FOR FUN RACHEL	XCORD HENRIK	H.I.T. WORKOUT RACHEL
17.00-17.40 SPORTS AREA	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S & 80'S	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN TEAM TEACH	FITNESS & FUN ZUMBA PARTY	FITNESS & FUN TEAM TEACH
17.40-18.00 SPORTS AREA	STRETCH & RELAX SARA	EVENING YOGA MALIN	STRETCH & RELAX SARA	EVENING YOGA MALIN	STRETCH & RELAX SARA	EVENING YOGA MALIN	STRETCH & RELAX RACHEL
18.00-18.30 POOL BAR	AFTER WORKOUT MINGLE	AFTER WORKOUT SEMINAR	AFTER WORKOUT MINGLE	AFTER WORKOUT SEMINAR	AFTER WORKOUT MINGLE	AFTER WORKOUT SEMINAR	AFTER WORKOUT MINGLE