

INTERNATIONAL FITNESS & FUNWEEK

December 2016

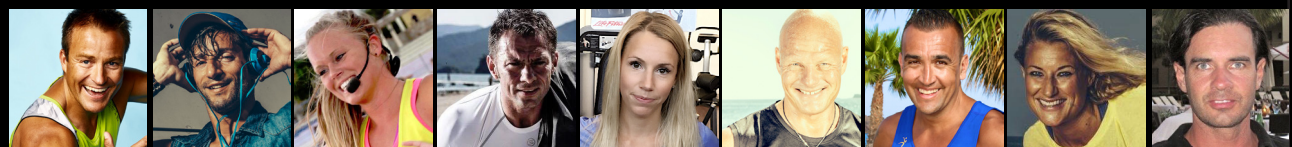


PLEASE CONTACT THE SPORTS BOOKING AT PLAYITAS FOR MORE INFORMATION HOW TO BOOK & PAY FOR THE EVENT

	Saturday 26 Nov	Sunday 27 Nov	Monday 28 Nov	Tuesday 29 Nov	Wednesday 30 Nov	Thursday 1 Dec	Friday 2 Dec	Saturday 3 Dec	Sunday 4 Dec	Monday 5 Dec	Tuesday 6 Dec	Wednesday 7 Dec	
08.00 - 08.30	Welcome to the International Fitness & FunWeek Playitas	Sun Salutation Plaza Rambla	Sun Salutation Plaza Rambla	Morning Walk/Run	Morning Mountain Walk/Run	Functional Walk	Morning Walk/Run	Sunrise Mountain Walk 07.30	Morning Walk/Run	Morning Mountain Walk/Run	Sun Salutation Plaza Rambla	Sun Salutation Plaza Rambla	
Meet at MC1		Playitas Sports Team	Playitas Sports Team	Petri & Henrik	Petri & Fernando	Petri	Petri & Sofia	Henrik	Sofia & Petri	Micke & Sofia	Playitas Sports Team	Playitas Sports Team	
08.00-08.45		Morning Core & Stretch	Morning Yoga	Morning Yoga	Qi Gong at the beach	Morning Yoga	Morning Yoga	Morning Core & Stretch	Morning Yoga	Qi Gong at the beach	Morning Yoga	Morning Core & Stretch	
MultiCourt 1		Henrik	Thea	Thea	Henrik	Thea	Katrin	Sofia	Katrin	Henrik	Katrin	Sofia	
10.00 - 10.55		Back 2 Basics Fitness	Core Stability Theory	Träna eller Motionera?	Bli Ryggfrisk!	Kortkurs om Kost	Träna Funktionellt!	Är Vikten Viktigt?	Träna med Pulsen!	Träna eller Motionera?	Hyllnings- & Kroppsanalys	Kortkurs om Kost	
Seminar Room		Henrik (english)	Henrik (english)	Henrik & Gyula (swedish)	Gyula (in swedish)	Henrik (swedish)	Henrik & Gyula	Sofia & Henrik (swedish)	Petri (swedish)	Henrik (swedish)	Katrin & Micke (swedish)	Sofia (swedish)	
10.00 - 10.55		H.I.T. at MC1	Functional Fitness at MC1	Glamoris DanceAerobics	Latin Aerobics	Funk House	Contemporary	Latin Aerobics	ZumbaStep	H.I.T. Intervals	Functional Training	BootCamp	
Tennis Court 6		Playitas Sports Team	Playitas Sports Team	Moris	Moris & Fernando	Moris	Moris	Fernando	Fernando	Playitas Sports Team MC1	Playitas Sports Team MC1	Playitas Sports Team MC1	
11.00 - 11.55		MultiCourt 1 = Yellow	Easy Ragga Dance	Step'n Fun	Coretraining level 1	H.I.T. Functional & Athletic	PowerStep vs ZumbaStep	Zumba vs DanZy	Coretraining level 2	Easy Ragga Dance	PowerStep	Coretraining level 1	H.I.T. Functional & Athletic
MultiCourt 1 open			Moris	Thea, Henrik & Moris	Henrik	Henrik	Moris, Henrik & Fernando	Fernando Moris Thea & Katrin	Henrik & Sofia	Katrin	Katrin & Henrik	Henrik & Sofia	Henrik & Micke
11.00 - 11.55	Plaza Rambla = Green	XCord Intro TC6	XCord Coretraining TC6	Active Seniors Dance Moves	Easy Dance Moves	Active Seniors BootCamp	Active Seniors Strength	Frisky Fitness Active Seniors	Gymna For Fun Active Seniors	Active Seniors Cardio TC6	Hällningsanalys Workshop	Outdoor Gym Active Seniors	
Plaza Rambla		Henrik	Henrik	Thea & Fernando	Moris	Petri	Petri	Thea	Henrik	Sofia	Micke & Katrin	Sofia	
11.00 - 11.55	Seminar Room= Dark Purple	XCord Intro	XCord Coretraining	XCord Intro	XCord Ryggfrisk Active Seniors	XCord Coretraining	XCord H.I.T. Interval	DanZy vs BootCamp	XCord Tabata	Active Seniors Cardio	XCord Ryggfrisk	Outdoor Gym at Plaza Rambla	
Tennis Court 6		Henrik	Henrik	Petri & Gyula	Gyula	Thea	Sofia	Petri & Katrin	Petri	Sofia	Micke & Katrin	Sofia	
12.00 - 12.55	Tennis Court 6 = Purple	Pop Jazz	Latin Dance	Deep Dual Stretch	Core & Stretch	Piloxing	Yoga Flow	Deep Dual Stretch	Easy Yoga Moves	Core & Stretch	Easy Yoga Moves	Deep Dual Stretch	
Multi Court 1		Moris	Moris	Henrik	Henrik	Thea	Thea	Henrik & Sofia	Katrin	Henrik & Sofia	Katrin	Henrik & Sofia	
12.00 - 12.55	Apparhotel Pool = Blue	FitnessCross Intro	FitnessCross W.O.D.	FitnessCross Level 1 TC6	FitnessCross W.O.D.	FitnessCross Level 2 TC6	FitnessCross Level 3 TC6	FitnessCross Athletic 4	FitnessCross Challenge	FitnessCross W.O.D.	FitnessCross W.O.D.	Functional Circuit	
Plaza Rambla		Henrik	Henrik	Gyula & Boris	Petri	Gyula & Boris	Gyula & Boris	Gyula	Gyula	Micke	Henrik & Sofia	Katrin & Micke	
Plaza Rambla	Spinning Area = Mint Book & Pay at Sports Booking	Questions & Answers	IMPORTANT INFO TOUR	Nordic Walking 14.15-15.00	Frågor & Svar om träning	Frågor & Svar om kost	Nordic Walking 14.15-15.00	Utlifykt	Frågor & Svar om träning	Nordic Walking 14.15-15.00	Frågor & Svar om kost		
15.15 - 15.45	Fitness Center = Grey	Aqua Fitness	Aqua SplashDance	Aqua H.I.T. Fitness	Aqua FunClass 60% 70% & 80%	Aqua Zumba	Aqua FunClass	Aqua Zumba	Aqua FunClass Cool in the Pool	Aqua SplashDance	Aqua H.I.T. Fitness	Aqua Fitness	
Aparhotel Pool		Henrik	Thea & Henrik	Fernando & Henrik	Petri & Henrik	Fernando	Louise, Petri & Henrik	Fernando	Petri & Henrik	Katrin & Henrik	Sofia & Henrik	Playitas Sports Team	
16.00 - 16.55	Sports Bar = Mangenta	GymnasticMoves TC6	BootCamp for Fun	Zumba Fitness	AfroBeat	Easy Ragga Dance	Easy StreetDance Moves	GymnasticMoves	DanZy vs Zumba Fitness	BootCamp for Fun	Beach Intervals	GymnasticMoves	
Plaza Rambla		Henrik	Thea	Fernando	Moris	Moris	Moris & Katrin	Henrik	Fernando, Katrin & Henrik	Katrin	Katrin & Sofia	Henrik	
16.00 - 16.55	Evening Entertainment = Black	GymnasticMoves	Contemporary	XCord Active Seniors	FitnessCross Athletic	FitnessCross Athletic	Running School part 1	Athletic 5 Test	Running School part 2	Fatburner	DanceAerobics	Body Attack	
Tennis Court 6		Henrik	Moris	Petri	Gyula & Boris	Gyula & Boris	Petri	Gyula & Boris	Petri	Playitas Sports Team MC1	Playitas Sports Team MC1	Playitas Sports Team MC1	
17.00 - 17.55				Group Strength Training Intro	Group Strength Training Intro	Running Distance with 3D flex	Functional Strength Training	Group Strength Training	Group Strength Training	Group Strength Training	Group Strength Training	Group Strength Training	
Fitness Centre				Petri	Gyula - meet at FitnessCenter	Gyula	Petri & Sofia	Petri & Sofia	Follow the program	Follow the program	Follow the program	Follow the program	
17.00 - 17.45	Welcome Workout 16.00	Fitness & Fun DanZy 16.00	Fitness & Fun Party	Fitness & Fun Circuit	FunClass - DanZy	Fitness & Fun 80's vs 90's	Fitness & Fun Circuit	Disco vs House vs Ragga	Back to the 80's Aerobics	Fitness & Fun Circuit	FunClass - DanZy Party	Farewell Workout	
MultiCourt 1 open	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	Katrin, Henrik & Fernando	Henrik & Katrin	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	
17.45 - 18.15	Stretch & Relax 17.00	Stretch & Relax 17.00	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	
MultiCourt 1 open	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	Playitas Sports Team	
19.30 - 20.00	Welcome drink & Mingle	Rosé & Mingle	Welcome drink & Mingle	Sangria Party	White Night	Cava & Mingle	After Workout 17.45-18.30	Black & White Gala	Rosé & Mingle	Sunset Chill out	Sangria Party	Cava & Mingle	
Sports bar	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	
21.30 - 22.30	Evening entertainment	Evening entertainment	Evening entertainment	Functional & Athletic Gyula	White Night Party	Prehab & Recover Boris	Athletic Nutrition Gyula	Gala Party	Evening entertainment	Evening entertainment	Evening entertainment	Evening entertainment	
Sports bar	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Seminar room 21.00-22.00	Sports Bar, Plaza Rambla	Seminar room 21.00-22.00	Seminar room 21.00-22.00	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	Sports Bar, Plaza Rambla	
22.30 - 01.30	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	Join the party	

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INTERNATIONAL PRESENTER TEAM



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