



INTERNATIONAL

FITNESS & FUNWEEK

September 2017



		Wednesday 13 September	Thursday 14 September	Friday 15 September	Saturday 16 September	Sunday 17 September	Monday 18 September
		Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00
08.00 - 08.45	Welcome to the 99th International Fitness & FunWeek with more than 100 classes, activities, seminars & workshops	Morning Yoga	Morning Core & Stretch	Morning Yoga	Morning Meditation	Morning Core & Stretch	Morning Yoga
MultiCourt 1		Malin	Karin	Malin	Malin	Henrik	Malin
08.00 - 08.30		Morning Walk/Run	Morning Walk/Run	07.00 Sunrise Mountain Walk with Qigong	Morning Walk/Run	Morning Walk/Run	07.00 Sunrise Mountain Walk with Qigong
Meet at MC1		Jenny & Linnea	Mauricio & Nathalie	Henrik	Jenny & Linnea	Mauricio & Nathalie	Henrik
09.00 - 09.45		IMPORTANT INFO TOUR	Core Stability Theory	Yoga History & Theory	Träna Funktionellt!	Hitta Motivationen!	Theoretical Exam Education
Seminar Room		09.00 Meet at Plaza Rambla	Karin (in swedish)	Malin (in swedish)	Henrik & Mauricio (in swedish)	Karin (in swedish)	Henrik (swedish)
10.00 - 10.55		Träna eller Motionera?	Ryggfrisk - Healthy Back	Kortkurs om Kost	Träna med Pulsen!	SuperFood	Ny Succémetod!
Seminar Room		Henrik & Karin (in swedish)	Karin (in swedish)	Linnea & Jenny (swedish)	Henrik (in swedish)	Linnea & Jenny (swedish)	Henrik (in swedish)
10.00 - 10.55		Tyngdlyftning Intro	3D HIT	AfroDance	Tyngdlyftning Intro	DanceAerobics	3D Mobility & Strength
Tennis Court 6		Mauricio	Maria & Rebecca	Karin	Mauricio	Malin	Maria & Rebecca
11.00 - 11.55	MultiCourt 1 OPEN	Coretraining level 1	H.I.T. Functional & Athletic	PowerStep	DanZy	Coretraining level 2	AfroDance
MultiCourt 1 OPEN		Henrik & Karin	Henrik & Mauricio	Henrik & Karin	Team Teach	Henrik & Mauricio	Karin & Malin
11.00 - 11.55	Plaza Rambla = Green	Active Seniors Strength	Active Seniors Cardio	Active Seniors Balance	Active Seniors Gymna	Active Seniors Healthy Back	Active Seniors Äventyrsvandring
Plaza Rambla		Nathalie	Jenny & Linnea	Nathalie	Nathalie	Karin	11.00-ca 13.00 Eva Marie
11.00 - 11.55	Seminar Room= Dark Purple	XCord Intro	RyggFrisk - Healthy Back	XCord Strength	Tyngdlyftning	XCord vs FitnessBall	XCord Coretraining
Tennis Court 6		Jenny & Linnea	Karin	Mauricio	Mauricio	Jenny, Linnea & Mauricio	Nathalie
12.00 - 12.55	Tennis Court 6 = Purple	Easy Yoga Moves	SomaMoves	Dynamic Yoga	Inner Strength	Deep Dual Stretch	Inner Strength
Multi Court 1		Malin	Karin	Malin	Malin	Henrik & Karin	Malin
12.00 - 12.55	Apparhotel Pool = Blue	CrossFitness Intro	CrossFitness Level 1	CrossFitness Level 2	CrossFitness Level 3	CrossFitness Challenge	CrossFitness W.O.D.
Plaza Rambla		Henrik & Mauricio	Mauricio & Nathalie	Mauricio & Nathalie	Mauricio & Nathalie	Mauricio & Nathalie	Mauricio & Nathalie
13.00-14.30	Fitness Center = Grey	SuperFood Workshop	SuperFood Workshop	SuperFood Workshop	SuperFood Workshop	SuperFood Workshop	SuperFood Workshop
Plaza Rambla		Jenny & Linnea (Book & Pay)	Jenny & Linnea	Jenny & Linnea	Jenny & Linnea	Jenny & Linnea	Jenny & Linnea
15.15 - 15.45	Sports Bar = Mangenta	Aqua Fitness	Aqua SplashDance	Aqua H.I.T. Fitness	Aqua FunClass 60's 70's & 80's	Aqua Fitness	Aqua H.I.T. Fitness
Aparhotel Pool		Henrik, Linnea & Jenny	Henrik & Nikita	Henrik & Mauricio	Nathalie, Jenny & Henrik	Team Teach	Jenny & Linnea
16.00 - 16.55	Evening Entertainment = Black	AfroDance	Coretraining level 2	Basic Aerobics	SomaMoves	Step For Fun	GymnasticMoves
MultiCourt 1		Karin & Malin	Henrik & Karin	Henrik	Karin	Malin & Henrik	Malin
16.00 - 16.55	Evening Entertainment = Black	Running School Basics	Running School Easy Run 50 min	BootCamp For Fun	Running School Intervals	Running School Sprints	BootCamp For Fun
Plaza Rambla		Mauricio	Nathalie	Mauricio, Nathalie & Linnea	Mauricio	Mauricio	Mauricio, Nathalie & Linnea
17.00 - 17.45	Evening Entertainment = Black	Fitness & Fun Circuit	FunClass - DanZy Party	Back to the 70's 80's & 90's	Fitness & Fun Circuit	Fitness & Fun Gala Party	FunClass - Farewell
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)
17.45 - 18.30	Evening Entertainment = Black	Stretch & Relax	Yoga Stretch	Stretch & Relax	Stretch & Relax	Yoga Stretch	Stretch & Relax
MultiCourt 1 OPEN		Karin	Malin	Henrik	Karin	Malin	Henrik
17.45-18.30	Evening Entertainment = Black	Strength Training Intro	Active Seniors Strength	Strength Training Intro	Group Strength Training	Strength Training Intro	Active Seniors Strength
Fitness Centre		Mauricio & Nathalie	Mauricio & Nathalie	Linnea & Jenny	Follow the program by yourself	Linnea & Jenny	Mauricio & Nathalie
19.30 - 20.00	Evening Entertainment = Black	Welcome drink & Mingle	White Night	SuperFood Mingle	After Workout 18.00-19.00	Black & White Gala	Rosé & Mingle
La Bodega		La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	Beach Bar	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla
21.30 -	Evening Entertainment = Black	Evening entertainment	White Night Party & Pool Party	Bodega Party	Evening entertainment	Black & White Gala Party	Last Night Party
La Bodega		La Bodega, Plaza Rambla	Palapa Bar, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla

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#fitnessfunweek #playitas
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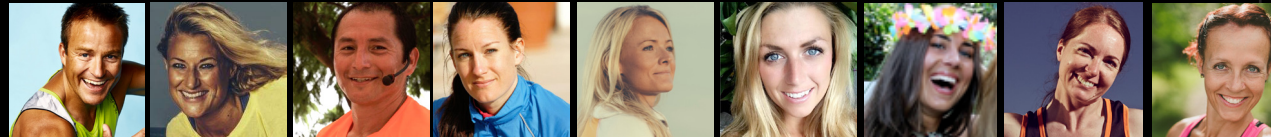
AerobicWeekends
SWEDEN

FORMAKROPPEN
Kraft & Kunskap till en bättre livsstil

AKTIVSENIOR

EDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAINING

INTERNATIONAL PRESENTER TEAM



HENRIK BRAMSVED • KATRIN STRANDBERG • MAURICIO ALVAREZ • KARIN HENNING • MALIN BERG • JENNY WESTMAN • LINNEA ERIKSSON • NATHALIE NORDÉN • MARIA KARLBOM ... & MORE