

AerobicWeekends
SWEDEN

play
itas

apollo sports

FORMA KROPPEN
Kraft & Kunskap till en bättre livsstil

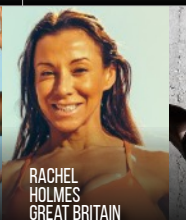
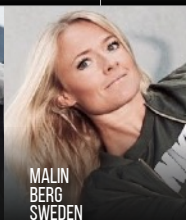
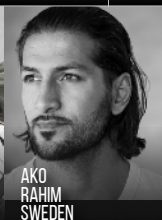
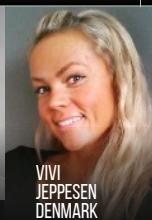
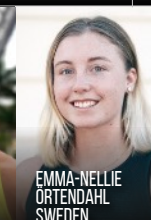
AKTIVSENIOR
EDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAINING

STYRKEVECKAN
AKO RAHIM • COACH GYULA

get inspired

	MONDAY 21.01	TUESDAY 22.01	WEDNESDAY 24.01	THURSDAY 24.01	FRIDAY 25.01	SATURDAY 26.01	SUNDAY 27.01	MONDAY 28.01	TUESDAY 29.01	WEDNESDAY 30.01
INSTRUCTOR EDUCATION		09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00
07.30-08.00 MEET AT MC1		MORNING WALK•RUN 30MIN THEA & MAUI	SUNRISE MOUNTAIN WALK 07.00 WITH QIGONG	FUNCTIONAL WALK THEA & MAUI	MORNING WALK•RUN 30MIN THEA & HENRIK	SUNRISE QIGONG AT THE BEACH 07.30 HENRIK	MORNING WALK•RUN 30MIN THEA & MAUI	MORNING WALK•RUN 30MIN VIVI	MORNING WALK• RUN VIVI & JONATHAN	SUNRISE MOUNTAIN WALK 07.00 WITH QIGONG
08.00-08.45 MULTI COURT 1	MOVING MEDITATION RACHEL	MORNING YOGA MALIN	MORNING PILATES RACHEL	MORNING YOGA MALIN	MORNING PILATES SARA	MORNING YOGA MALIN	CORE & STRETCH HENRIK	MORNING YOGA MALIN	MORNING YOGA MALIN	CORE & STRETCH HENRIK
09.00-09.50 SEMINAR ROOM		ATLETISK TRÄNING GYULA	TRÄNINGSLÄRA STYRKA AKO	TRÄNA FUNKTIONELLT! HENRIK	KOST & TILLSKOTT AKO	SNABBARE ÅTERHÄMTNING GYULA	EDUCATION PRESENTATIONSTEKNIK	EDUCATION YOGA BAKGRUND		
10.00-10.50 SEMINAR ROOM	BACK 2 BASICS HENRIK	TRÄNA ELLER MOTIONERA? HENRIK & MAUI	RYGGFRISK HENRIK	TRÄNA MED PULSEN! MAUI	WEIGHT CONTROL RACHEL	RÖRLIGHET WORKSHOP MALIN	ÄR VIKTEN VIKTIG? HENRIK	HEALTHY BACK HENRIK	BACK 2 BASICS HENRIK	KORTKURS OM KOST HENRIK
10.00-10.50 TENNIS COURT 6		TYNGDLYFTNING STYRKEVECKAN	TYNGDLYFTNING STYRKEVECKAN	TYNGDLYFTNING STYRKEVECKAN	TYNGDLYFTNING STYRKEVECKAN	TYNGDLYFTNING STYRKEVECKAN	PLAYITAS OLYMPIC LIFTING CHAMP 2HRS	SOCA FITNESS AT PLAZA RAMBLA VIVI	HOUSE DANCE AT PLAZA RAMBLA VIVI	STREET JAZZ AT PLAZA RAMBLA VIVI
11.00-11.50 OPEN MULTI COURT 1	CROSSFITNESS HENRIK & GYULA	CORE TRAINING HENRIK & MALIN	H.I.T. VS TABATA HENRIK & RACHEL	AFRO DANCE SARA	POWER STEP RACHEL & HENRIK	DANZY TEAM TEACH	INNER STRENGTH MALIN	H.I.T. FUNCTIONAL & ATHLETIC HENRIK	CORE TRAINING HENRIK & VIVI	H.I.T. VS TABATA HENRIK & VIVI
11.00-11.50 TENNIS COURT 6		XCORD INTRO MAUI & THEA	XCORD RYGGFRISK MAUI & GYULA	XCORD VS COREBALL MAUI & HENRIK	XCORD H.I.T. MAUI & THEA	XCORD CORE TRAINING MAUI & FRIDA	XCORD RYGGFRISK MAUI & FRIDA	XCORD TABATA VIVI	XCORD H.I.T. JONATHAN	XCORD CORE TRAINING JONATHAN
11.00-11.50 PLAZA RAMBLA		ACTIVE SENIORS CARDIO THEA	ACTIVE SENIORS STRENGTH THEA	ACTIVE SENIORS STRENGTH THEA	ACTIVE SENIORS CORE MALIN	ACTIVE SENIORS BALANCE MALIN	ACTIVE SENIORS BOOTCAMP THEA	XCORD TABATA AT TC6 VIVI	XCORD H.I.T. AT TC6 JONATHAN	XCORD CORE TRAINING AT TC6 JONATHAN
12.00-12.50 MULTI COURT 1	PILATES FOR ALL RACHEL	EASY DANCE MOVES SARA & THEA	EASY YOGA MALIN	CORE & STRETCH HENRIK	YOGA FLOW MALIN	FITNESS PILATES SARA	EASY YOGA MALIN	YOGA FLOW MALIN	INNER STRENGTH MALIN	DEEP STRETCH HENRIK
12.00-12.50 PLAZA RAMBLA		CROSSFITNESS INTRO GYULA & AKO	CROSSFITNESS LEVEL 1 GYULA & AKO	FIGHT FITNESS AKO	RUNNING SCHOOL INTERVALS GYULA	CROSSFITNESS STABILITY GYULA & AKO	CROSSFITNESS WOD MAUI	CROSSFITNESS WOD VIVI	CROSSFITNESS WOD JONATHAN & VIVI	RUNNING SCHOOL INTERVALS JONATHAN
15.15-15.45 OPEN APARTHOTEL POOL	AQUA FUN PLAYITAS TEAM	AQUA SPLASHDANCE THEA, SARA & RACHEL	AQUA H.I.T. FITNESS RACHEL & HENRIK	AQUA FUN PLAYITAS TEAM	AQUA SPLASHDANCE HENRIK & SARA	AQUA FUN PLAYITAS TEAM	AQUA H.I.T. FITNESS HENRIK	AQUA FUN PLAYITAS TEAM	AQUA FUN VIVI & JONATHAN	AQUA SPLASHDANCE VIVI & JONATHAN
15.00-15.50 MULTI COURT 1	IMPORTANT INFOTOURS 16.15 & 18.00 PLAZA RAMBLA	CORETRAINING LEVEL 2 HENRIK & MAUI	LATIN MOVE THEA	SHOW JAZZ SARA	EASY RAGGA DANCE THEA	STEP WORKSHOP HENRIK & SARA	DANZY WORKSHOP THEA	GYMNASTIC MOVES HENRIK	YIN YOGA WORKSHOP MALIN	FUNCTIONAL MOVES MALIN
16.00-16.50 PLAZA RAMBLA		BASIC AEROBICS SARA, RACHEL & HENRIK	BODY CONDITIONING RACHEL	RUNNING SCHOOL INTRO MAUI	BOOTCAMP FOR FUN HENRIK & THEA	BASIC AEROBICS TEAM	RUNNING SCHOOL MAUI	BOOTCAMP FOR FUN VIVI & HENRIK	BOOTCAMP FOR FUN HENRIK & VIVI	DANZY TEAM
16.00-16.50 FITNESSCENTER		STRENGTH TRAINING INTRO MAUI	STRENGTH TRAINING INTRO MAUI & HENRIK	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING ACTIVSENIORS MALIN	STRENGTH TRAINING MAUI	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING JONATHAN	STRENGTH TRAINING JONATHAN
17.00-17.50 TENNIS COURT 6	INTRODUCTION STYRKEVECKAN	CROSSFITNESS STRENGTH STYRKEVECKAN	CROSSFITNESS STRENGTH STYRKEVECKAN	CROSSFITNESS STRENGTH 16.00 STYRKEVECKAN		CROSSFITNESS STRENGTH STYRKEVECKAN	CROSS FITNESS CHALLENGE 15.00-17.00	16.00 BOOTCAMP FOR FUN AT PLAZA RAMBLA	16.00 BOOTCAMP FOR FUN AT PLAZA RAMBLA	16.00 DANZY AT PLAZA RAMBLA
17.00-17.55 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 DANZY PARTY
18.00-18.30 OPEN MULTI COURT 1	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM	STRETCH & RELAX PLAYITAS TEAM
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DRESS WHITE	AFTER WORKOUT BEACH SURF CLUB 18.00	BLACK & WHITE GALA MINGLE	SALSA & ROSE MINGLE	MEET & GREET CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE
21.30- PALAPA BAR	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE NIGHT PALAPA PARTY	LA BODEGA PARTY	BLACK & WHITE PARTY	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT

PRESENTER TEAM

HENRIK
BRAMSVED
SWEDENRACHEL
HOLMES
GREAT BRITAINSARA
ULLMAN
SWEDENGYULA
BERCSENYI
HUNGARYMALIN
BERG
SWEDENAKO
RAHIM
SWEDENVIVI
JEPPESEN
DENMARKMAURICIO
ALVAREZ
CHILETHEA
RASMUSSSEN
DENMARKJONATAN
HUGEMARK
SWEDENEMMA-NELLIE
ÖRTENDÅHL
SWEDEN

INTERNATIONAL FITNESS & FUNWEEKS PLAYITAS
AEROBICWEEKENDS SWEDEN INTERNATIONAL
#FITNESSFUNWEEK
#AEROBICWEEKENDS @AEROBICWEEKENDS
#PLAYITAS @PLAYITASRESORT
#APOLLOSPORTS @APOLLOSPORTS
#BESTFITNESSHOLIDAYEVER
FITNESSFUNWEEKS.COM
AEROBICWEEKENDS.COM
PLAYITAS.NET APOLLO.SE
SMS/TEL +46 703322446
MAIL@AEROBICWEEKENDS.COM