


AerobicWeekends
SWEDEN

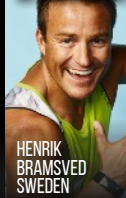
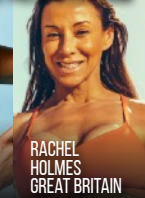
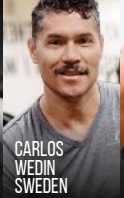
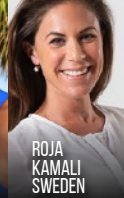
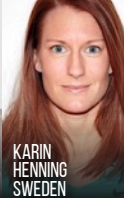
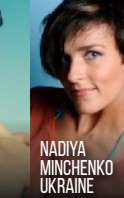
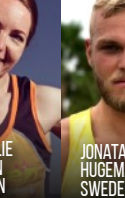
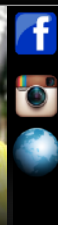
apollo sports

AKTIVSENIOR
ATLETVECKAN
REAL GYM HJÖRDALEN

EDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAINING


	MONDAY 11.03	TUESDAY 12.03	WEDNESDAY 13.03	THURSDAY 14.03	FRIDAY 15.03	SATURDAY 16.03	SUNDAY 17.03	MONDAY 18.03	TUESDAY 19.03	WEDNESDAY 20.03	THURSDAY 21.03	FRIDAY 22.03	SATURDAY 23.03	SUNDAY 24.03
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	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
08.00-08.45 MULTI COURT 1	MORNING YOGA HENRIK	MORNING YOGA JANE	MOVING MEDITATION RACHEL	MORNING YOGA JANE	CORE & STRETCH KARIN	MORNING PILATES RACHEL	MORNING YOGA KARIN	MORNING YOGA VIVI	CORE & STRETCH HENRIK	MORNING YOGA VIVI	MORNING YOGA VIVI	QIGONG AT THE BEACH HENRIK	MORNING YOGA ROJA	MORNING PILATES NADIYA
08.00-08.30 MEET AT MC1	MORNING WALK+RUN JANE & CARLOS	MORNING WALK+RUN SOFIE & MAUI	SUNRISE MOUNTAIN WALK 07.00 QIGONG	FUNCTIONAL WALK MAUI	MORNING WALK+RUN NATHALIE & MAUI	SUNRISE MOUNTAIN WALK 07.00 QIGONG	MORNING WALK+RUN NATHALIE & MAUI	MOUNTAIN WALK+RUN HENRIK & MAUI	MORNING WALK+RUN VIVI & MAUI	SUNRISE MOUNTAIN WALK 07.00 QIGONG	MORNING CARDIO 07.00 GYULA	FUNCTIONAL WALK NADIYA & ROJA	MORNING WALK+RUN NADIYA & HENRIK	MORNING SWIM 07.00 GYULA
10.00-10.50 SEMINAR ROOM	BACK 2 BASICS FITNESS HENRIK	TRÄNA ELLER MOTIONERA? HENRIK	RYGGFRISK HENRIK	TRÄNA MED PULSEN MAUI	WEIGHT CONTROL RACHEL	HITTA MOTIVATIONEN KARIN	KORTKURS OM KOST HENRIK	BACK 2 BASICS FITNESS HENRIK	TRÄNA FUNKTIONELLT GYULA & HENRIK	RYGGFRISK GYULA & HENRIK	KORTKURS OM KOST HENRIK	TRÄNA MED PULSEN MAUI	KOST & PRESTATION GYULA	FÖRELÄSNING HENRIK
10.00-10.50 TENNIS COURT 6	DANCE AEROBICS SOFIE	AFHO SOFIE & CARLOS	FITNESS PILATES MASSAGE RACHEL	DANCE AEROBICS SOFIE	AFRO DANCE KARIN	HIP HOP SOFIE	LATIN AEROBICS FERNANDO	SHOW JAZZ VIVI	HOUSE MOVES VIVI	BOX'N KICK MAUI	SOCAL DANCE VIVI	HIP HOP OLD SCHOOL PLAZA RAMBLA ROJA	CHAIR DANCE PLAZA R. NADIYA & ROJA	H.I.T WORKOUT PLAZA R. NADIYA & ROJA
11.00-11.50 OPEN MULTI COURT 1	H.I.T. VS TABATA HENRIK, JANE, CARLOS	CORE TRAINING HENRIK & RACHEL	EASY HOUSE DANCE SOFIE & CARLOS	POWER STEP RACHEL & HENRIK	PILATES FOR ALL RACHEL	ZUMBA VS DANZY TEAM TEACH	ZUMBA STEP FERNANDO	H.I.T. FUNCTIONAL & ATHLETIC HENRIK	CORE TRAINING HENRIK & MAUI	STEP'N FUN HENRIK & VIVI	H.I.T. VS TABATA HENRIK & MAUI	DANZY NADIYA, ROJA & VIVI	CORE TRAINING HENRIK	AFRO DANCE NADIYA & ROJA
11.00-11.50 TENNIS COURT 6	FITNESS PILATES RACHEL	XCORD INTRO MAUI	XCORD HEALTHY BACK HENRIK & MAUI	XCORD VS COREBALL MAUI & JANE	XCORD H.I.T. MAUI & NATHALIE	XCORD CORE STABILITY MAUI	XCORD MAUI	XCORD TABATA MAUI	LIFTING SCHOOL GYULA & JONATAN	HEALTHY BACK GYULA	XCORD AT HOME VIVI & JONATAN	FIGHTING FYS MAUI	XCORD VS COREBALL GYULA & JONATHAN	FITNESS AT HOME GYULA
11.00-11.50 PLAZA RAMBLA	ACTIVE SENIORS DANCE SOFIE	ACTIVE SENIORS CARDIO JANE	BOOTCAMP FOR FUN CARLOS	ACTIVE SENIORS STRENGTH CARLOS	ACTIVE SENIORS CORE KARIN	ACTIVE SENIORS BALANCE NATHALIE	ACTIVE SENIORS BOOTCAMP NATHALIE	ACTIVE SENIORS DANCE VIVI	ACTIVE SENIORS NORDIC WALKING	CARDIO TRAINING MAUI	RYGGFRISK WORKSHOP GYULA	ACTIVE SENIORS STABILITY GYULA	ACTIVE SENIORS NORDIC WALKING	GYMPA FOR FUN HENRIK
12.00-12.50 MULTI COURT 1	CORE & STRETCH HENRIK	EASY DANCE MOVES SOFIE	EASY YOGA JANE	CORE & STRETCH HENRIK	YOGA MOVES JANE	YOGA FLOW JANE	SOMA MOVE KARIN	CORE & STRETCH HENRIK	EASY YOGA VIVI	DEEP DUAL STRETCH HENRIK & VIVI	EASY DANCE MOVES VIVI	EASY YOGA ROJA	YOGA FLOW ROJA	DEEP DUAL STRETCH HENRIK
12.00-12.50 PLAZA RAMBLA	CROSSFITNESS WOD JANE & CARLOS	CROSSFITNESS INTRO MAUI & JANE	CROSSFITNESS LEVEL 1 MAUI	CROSSFITNESS LEVEL 2 MAUI	CROSSFITNESS LEVEL 3 MAUI & NATHALIE	CROSSFITNESS CHALLENGE TEAM	CROSSFITNESS WOD MAUI	RUNNING SCHOOL SPRINTS MAUI	CROSSFITNESS INTRO JONATAN & GYULA	CROSSFITNESS LEVEL 1 JONATAN & GYULA	CROSSFITNESS LEVEL 2 JONATAN & GYULA	CROSSFITNESS SWIM RUN GYULA & JONATAN	CROSSFITNESS CIRCUIT GYULA	CROSSFITNESS CHALLENGE GYULA
15.15-15.45 OPEN APARTHOTEL POOL	AQUA FITNESS PLAYITAS SPORTSTEAM	AQUA SPLASHDANCE HENRIK & SOFIE	AQUA H.I.T. FITNESS RACHEL & HENRIK	AQUA FUN PLAYITAS SPORTSTEAM	AQUA ZUMBA FERNANDO	AQUA FUN PLAYITAS SPORTSTEAM	AQUA SPLASHDANCE FERNANDO & HENRIK	AQUA FITNESS PLAYITAS SPORTSTEAM	AQUA SPLASHDANCE HENRIK & VIVI	AQUA FUN PLAYITAS SPORTSTEAM	AQUA H.I.T. FITNESS HENRIK & MAUI	AQUA FUN HENRIK, ROJA & VIVI	AQUA SPLASHDANCE HENRIK & VIVI	AQUA H.I.T. FITNESS HENRIK
15.00-15.50 MULTI COURT 1	HIP MOBILITY SOFIE	RUNNING SCHOOL JANE	STEP DANCE SOFIE	FITNESS PILATES RACHEL	DANZY SOFIE, JANE & KARIN	STEP WORKSHOP HENRIK	DANZY WORKSHOP KARIN	SOCAL DANCE VIVI	ZUMBA VIVI	RUNNING SCHOOL GYULA & MAUI	SALSA MOVES VIVI	JAZZ NADIYA	LADIES STYLE DANCE NADIYA & ROJA	STEP FYS NADIYA & ROJA
16.00-16.50 PLAZA RAMBLA	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	BASIC AEROBICS HENRIK & RACHEL	BODY CONDITIONING RACHEL	BOOTCAMP FOR FUN MAUI	RUNNING SCHOOL SPRINTS MAUI & JANE	SALSA BASIC 1 FERNANDO	SALSA BASIC 2 FERNANDO	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	BOOTCAMP FOR FUN HENRIK & MAUI	BASIC AEROBICS HENRIK & VIVI	RUNNING SCHOOL SPRINTS MAUI	BOOTCAMP FOR FUN MAUI	AEROBIC DANCE NADIYA	CAVE MAN WALK 15.00-17.00 GYULA
16.00-16.50 FITNESSCENTER		STRENGTH TRAINING INTRO MAUI	STRENGTH TRAINING INTRO MAUI	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING ACTIVSENIORS NATHALIE	STRENGTH TRAINING MAUI	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING LEVEL 1 GYULA	STRENGTH TRAINING LEVEL 2 GYULA	STRENGTH TRAINING FUNCTIONAL GYULA	STRENGTH TRAINING ACTIVE SENIORS GYULA	STRENGTH TRAINING FOR RUNNERS GYULA	STRENGTH TRAINING FOLLOW THE PROGRAM
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	FITNESS & FUN 70' S, 80' S & 90' S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN FAREWELL WORKOUT
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	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	RETRO NIGHT ROSE & 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	RETRO NIGHT ROSE & MINGLE	WHITE NIGHT MINGLE DC WHITE	AFTER WORKOUT SURF CLUB 18.00	BLACK & WHITE GALA MINGLE	FAREWELL MINGLE
21.30- PALAPA BAR	WELCOME PARTY PALAPA BAR	EVENING ENTERTAINMENT	RETRO PARTY	WHITE NIGHT PALAPA PARTY	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	EVENING ENTERTAINMENT	RETRO PARTY	WHITE NIGHT PALAPA PARTY	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	LAST NIGHT PARTY

INTERNATIONAL PRESENTER TEAM

HENRIK
BRAMSVÉD
SWEDENRACHEL
HOLMES
GREAT BRITAINSOFIE
STRÖM
SWEDENCARLOS
WEDIN
SWEDENJANE
RUNESSON
SWEDENFERNANDO
BRITO
CHILEROJA
KAMALI
SWEDENKARIN
HENNING
SWEDENGYULA
BERSCENYI
HUNGARYNADIYA
MINCHENKO
UKRAINEVIVI
JEPPESEN
DENMARKMAURICIO
ALVAREZ
CHILENATHALIE
NORDEN
SWEDENJONATAN
HUGEMARK
SWEDEN

INTERNATIONAL FITNESS & FUNWEEKS PLAYITAS
AEROBICWEEKENDS SWEDEN INTERNATIONAL
#FITNESSFUNWEEK
#AEROBICWEEKENDS @AEROBICWEEKENDS
#PLAYITAS @PLAYITASRESORT
#APOLLOSPORTS @APOLLOSPORTS
#BESTFITNESSHOLIDAYEVER
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