

WELCOME TO PLAYTAS & THE 116TH

INTERNATIONAL

25TH OF NOVEMBER TO 8TH OF DECEMBER 2019

FITNESSFUNWEEKS.COM

AerobicWeekends
SWEDENplay
itas

apollo sports

FORMAKROPPEN
Kraft & Kunskap till en bättre livsstil

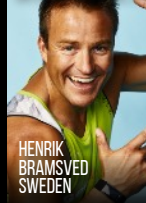
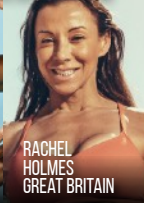
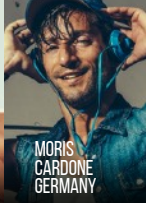
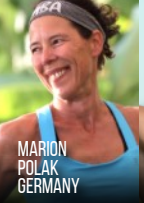
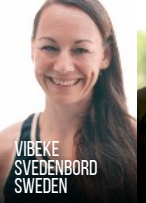
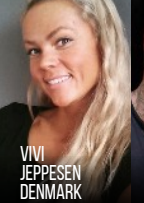
AKTIVSENIOR

EDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAININGget
inspired

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

	MONDAY 25.11	TUESDAY 26.11	WEDNESDAY 27.11	THURSDAY 28.11	FRIDAY 29.11	SATURDAY 30.11	SUNDAY 01.12	MONDAY 02.12	TUESDAY 03.12	WEDNESDAY 04.12	THURSDAY 05.12	FRIDAY 06.12	SATURDAY 07.12	SUNDAY 08.12
08.00-08.45 MULTI COURT 1	MORNING YOGA HENRIK	MORNING YOGA MALIN	MOVING MEDITATION RACHEL	MORNING YOGA ANDIE	MORNING PILATES RACHEL	MORNING YOGA MALIN	MORNING STRETCH MORIS	MORNING YOGA ANDIE	MOVING MEDITATION MALIN	MORNING YOGA ANDIE	MORNING YOGA MALIN	MORNING YOGA ANDIE	QIGONG AT THE BEACH HENRIK	MORNING YOGA ANDIE
08.00-08.30 MEET AT MC1	MORNING WALK VIBEKE	MORNING WALK•RUN ANDIE & HENRIK	SUNRISE MOUNTAIN WALK 07.00 QIGONG	FUNCTIONAL WALK VIBEKE	MORNING WALK•RUN MARION & ANDREAS	SUNRISE MOUNTAIN WALK 07.00 QIGONG	MORNING WALK•RUN FERNANDO & HENRIK	MORNING WALK•RUN HENRIK & SOFIA	FUNCTIONAL WALK HENRIK	SUNRISE MOUNTAIN WALK 07.00 QIGONG	MORNING WALK•RUN MARION & ANDREAS	FUNCTIONAL WALK HENRIK	MORNING WALK•RUN ANDIE & BRETT	WALK & TALK HENRIK
10.00-10.50 SEMINAR ROOM	BACK 2 BASICS FITNESS HENRIK	TRÄNA FUNKTIONELLT HENRIK	RYGGFRISK VIBEKE	KORTKURS OM KOST HENRIK	HEALTHY WEIGHT LOSE RACHEL	MINDFULNESS ANDIE	OFFICE YOGA MALIN	HOW TO REDUCE STRESS RACHEL	TRÄNA FUNKTIONELLT HENRIK	RYGGFRISK HENRIK	KORTKURS OM KOST HENRIK	MINDFULNESS ANDIE	OFFICE YOGA MALIN	TRÄNA MED PULSEN! HENRIK
10.00-10.50 PLAZA RAMBLA	SOGA DANCEHALL MORIS & VIVI	FUNKY HOUSE MOVES MORIS & VIVI	STREET DANCE MORIS	SHOW JAZZ MORIS	DANCE AEROBICS MORIS	STREET JAZZ MORIS	RAGGA DANCEHALL MORIS	HIP HOP MORIS & VIVI	SOGA DANCEHALL VIVI	AFRO HOUSE MALIN	FIGHT FIT ANDIE & BRETT	AFRO HOUSE MALIN	DANCE AEROBICS HENRIK	AFRO HOUSE MALIN
11.00-11.50 OPEN MULTI COURT 1	H.I.T. FUNCTIONAL HENRIK	CORE TRAINING 1 HENRIK	POWER STEP RACHEL, HENRIK & FERNANDO	DANZY TEAM TEACH	ZUMBA STEP FERNANDO & MARION	H.I.T. WORKOUT HENRIK, RACHEL	CORE TRAINING 2 HENRIK & ANDIE	STEP 'N FUN MORIS & FERNANDO	CORE TRAINING 1 HENRIK	H.I.T. VS TABATA HENRIK	STEP FOR ALL HENRIK & MARION	FITNESS BOXING ANDIE & BRETT	CORE TRAINING 2 HENRIK & ANDIE	H.I.T. FUNCTIONAL HENRIK & ANDIE
11.00-11.50 TENNIS COURT 6		XCORD INTRO ANDIE & ANDREAS	XCORD vs. LIFTING ANDIE & BRETT	XCORD vs. BOXING ANDREAS & ANDIE	XCORD vs KETTLEBELL HENRIK & BRETT	CROSSFITNESS vs. BOX BRETT & ANDIE	XCORD vs. TABATA RACHEL	XCORD vs KETTLEBELL HENRIK & BRETT	FIGHT FIT ANDIE & BRETT	XCORD STRENGTH BRETT & ANDIE	LIFTING SCHOOL ANDIE & BRETT	HEALTHY BACK TRAINING HENRIK	KETTLEBELL vs. FOAMROLLER BRETT	
11.00-11.50 PLAZA RAMBLA	ACTIVE SENIORS MOBILITY - VIBEKE	ACTIVE SENIORS GYMPA - VIBEKE	ACTIVE SENIORS RYGGFRISK - VIBEKE	ACTIVE SENIORS STRENGTH - VIBEKE	ACTIVE SENIORS CARDIO - VIBEKE	ACTIVE SENIORS BALANCE - VIBEKE	ACTIVE SENIORS SALSA - FERNANDO	ACTIVE SENIORS PILATES - RACHEL	ACTIVE SENIORS CORE - MC1 HENRIK	ACTIVE SENIORS XCORD - TCG ANDIE	ACTIVE SENIORS BOOTCAMP - ANDREAS	ACTIVE SENIORS RYGGFRISK - TCG HENRIK	ACTIVE SENIORS YOGA - MALIN	ACTIVE SENIORS BALANCE - MALIN
12.00-12.50 MULTI COURT 1	DANZY STRETCH MORIS	RAGGA DANCEHALL MORIS & VIVI	EASY YOGA MOVES MALIN	INNER STRENGTH MALIN	FOOT TRAINING ANDIE	DEEP DUAL STRETCH HENRIK & FERNANDO	RAGGA DANCEHALL MORIS	FITNESS PILATES RACHEL	MOBILITY ANDIE	EASY YOGA MOVES MALIN	INNER STRENGTH MALIN	FOOT TRAINING ANDIE	BASIC GYMNASTICS HENRIK & MALIN	DEEP DUAL STRETCH HENRIK
12.00-12.50 PLAZA RAMBLA	CROSSFITNESS WOD HENRIK & VIVI	CROSSFITNESS INTRO HENRIK & ANDREAS	CROSSFITNESS LEVEL 1 HENRIK & BRETT	CROSSFITNESS LEVEL 2 HENRIK & ANDREAS	CROSSFITNESS LEVEL 3 HENRIK & BRETT	BOOTCAMP FOR FUN ANDIE & BRETT	CROSSFITNESS CHALLENGE HENRIK	CROSSFITNESS WOD HENRIK & BRETT	CROSSFITNESS INTRO HENRIK & BRETT	CROSSFITNESS LEVEL 1 HENRIK & ANDREAS	CROSSFITNESS LEVEL 2 HENRIK & BRETT	CROSSFITNESS LEVEL 3 HENRIK & ANDREAS	BOOTCAMP FOR FUN ANDIE & BRETT	CROSSFITNESS CHALLENGE HENRIK
15.15-15.45 OPEN APARTHOTEL POOL	AQUA FUN PLAYTAS SPORTS TEAM	AQUA SPLASHDANCE HENRIK, VIVI & MARION	AQUA FITNESS HENRIK & FERNANDO	AQUA H.I.T. FITNESS HENRIK & RACHEL	AQUA ZUMBA FERNANDO, MARION	AQUA PILATES RACHEL	AQUA SPLASHDANCE FERNANDO, HENRIK	AQUA ZUMBA FERNANDO, MARION	AQUA FITNESS HENRIK & MARION	AQUA FUN PLAYTAS SPORTS TEAM	AQUA CIRCUIT HENRIK & ANDIE	AQUA FUN PLAYTAS SPORTS TEAM	AQUA SPLASHDANCE HENRIK	AQUA FUN PLAYTAS SPORTS TEAM
15.00-15.50 MULTI COURT 1	CHAIR DANCE VIVI	CONTEMPORARY PART 1 MORIS	AFRO BEAT MORIS	STEP 'N DANCE MORIS	CONTEMPORARY PART 2 MORIS	LATINO AEROBICS FERNANDO & MORIS	STEP LEVEL 2-3 MORIS	AFRO BEAT MORIS	CHAIR DANCE VIVI	YOGA WORKSHOP MALIN & ANDIE	ZUMBA FITNESS MARION	STEP LEVEL 2 HENRIK & MARION	YOGA WORKSHOP MALIN & ANDIE	CORE TRAINING WITH BALL - HENRIK
16.00-16.50 PLAZA RAMBLA	SALSA BASIC VIVI	BASIC AEROBICS HENRIK & RACHEL	FIGHT FIT ANDIE & BRETT	SWIMRUN FOR FUN BEACH BAR HENRIK	RUNNING SCHOOL ANDIE	PILATES FOAMROLLER RACHEL	BASIC AEROBICS RACHEL	SALSA BASIC VIVI & FERNANDO	BOOTCAMP FOR FUN HENRIK	SWIMRUN FOR FUN BEACH BAR ANDIE	BASIC AEROBICS HENRIK	BOOTCAMP FOR FUN ANDIE & BRETT	GYMPA FOR FUN HENRIK	FIGHT FIT ANDIE
16.00-16.50 FITNESSCENTER	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	STRENGTH TRAINING INTRO ANDIE	STRENGTH TRAINING INTRO HENRIK	STRENGTH TRAINING PULL & PRESS - ANDIE	STRENGTH TRAINING ACTIVSENIORS VIBEKE	STRENGTH TRAINING BEND & EXTEND - ANDIE	STRENGTH TRAINING STABILITY - HENRIK	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	STRENGTH TRAINING INTRO ANDIE	STRENGTH TRAINING INTRO HENRIK	STRENGTH TRAINING PULL & PRESS - ANDIE	STRENGTH TRAINING ACTIVSENIORS HENRIK	STRENGTH TRAINING BEND & EXTEND - ANDIE	STRENGTH TRAINING LIFTING - HENRIK
17.00-17.45 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
17.45-18.15 OPEN MULTI COURT 1	STRETCH & RELAX PLAYTAS SPORTS TEAM	YOGA STRETCH MALIN	STRETCH & RELAX PLAYTAS SPORTS TEAM	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYTAS SPORTS TEAM	STRETCH & RELAX RACHEL	STRETCH & RELAX PLAYTAS SPORTS TEAM	STRETCH & RELAX PLAYTAS SPORTS TEAM	YOGA STRETCH MALIN	STRETCH & RELAX PLAYTAS SPORTS TEAM	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYTAS SPORTS TEAM	STRETCH & RELAX PLAYTAS SPORTS TEAM	STRETCH & RELAX PLAYTAS SPORTS TEAM
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL 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	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DC WHITE	AFTER WORKOUT SURF CLUB 18.00	BLACK & WHITE GALA MINGLE	FAREWELL MINGLE
21.30-	WELCOME PARTY DA LUIGI	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	EVENING ENTERTAINMENT	WELCOME PARTY DA LUIGI	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	FAREWELL PARTY

INTERNATIONAL PRESENTER TEAM

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WANGSTROM
SWEDENVIBEKE
SVEDENBORG
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