

WELCOME TO PLAYITAS & THE 130TH

AerobicWeekends
SWEDENplay
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FORMAKROPPEN
Kraft & Kunskap till en bättre livsstil

AKTIVSENIOR

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EDUCATION WEEK
GROUP FITNESS INSTRUCTORS TRAININGget
inspired

19TH OF NOVEMBER TO THE 2ND OF DECEMBER 2021

FITNESSFUNWEEKS.COM™

INTERNATIONAL FITNESS & FUNWEEK

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

PRELIMINAR PROGRAM	FRIDAY 19.11	SATURDAY 20.11	SUNDAY 21.11	MONDAY 22.11	TUESDAY 23.11	WEDNESDAY 24.11	THURSDAY 25.11	FRIDAY 26.11	SATURDAY 27.11	SUNDAY 28.11	MONDAY 29.11	TUESDAY 30.11	WEDNESDAY 01.12	THURSDAY 02.12
07.30-08.00 MEET AT MC1	 WELCOME TO PLAYITAS & THE 130TH INTERNATIONAL FITNESS & FUNWEEK Scan to get online program, booking & class descriptions 	FUNCTIONAL WALK HENRIK	MORNING WALK OR RUN LOUISE & HENRIK	SUNRISE QIGONG AT THE BEACH HENRIK	MORNING WALK & TALK ISABELLE & HENRIK	PW & SLOWRUN 07.00-08.30 GYULA	FUNCTIONAL WALK HENRIK & LOUISE	MORNING WALK OR RUN ISABELLE & HENRIK	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00	PW & SLOWRUN 7.00-8.30 GYULA JANE	MORNING RUN RIKARD & JANE	FUNCTIONAL WALK RIKARD & HENRIK	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00	MORNING WALK OR RUN RIKARD & HENRIK
08.00-08.45 MULTI COURT 1		MORNING YOGA LOUISE	MORNING STRETCH MORIS	CORE & STRETCH HENRIK	MORNING YOGA SARA	MORNING STRETCH MORIS	MORNING YOGA LOUISE	MOVING MEDITATION HENRIK	MORNING YOGA JANE	MORNING PILATES SARA	MORNING YOGA JANE	MOVING MEDITATION HENRIK	MORNING YOGA HENRIK	CORE & STRETCH HENRIK
10.00-10.50 SEMINAR ROOM		SUSTAINABLE HEALTH HENRIK	NUTRITION HENRIK	CORE STABILITY THEORY HENRIK	TRÄNA FUNKTIONELLT GYULA & HENRIK	RYGGFRISK GYULA & HENRIK	HÅLLBAR HÄLSA HENRIK	BLI VÄLTRÄNAD GYULA	HITTA MOTIVATION JANE	ÅTERHÄMTNING GYULA	CIRCADIAN CODE HENRIK	TRÄNA FUNKTIONELLT HENRIK	KORTKURS OM KOST HENRIK	HEALTHY BACK HENRIK
10.00-10.50 PLAZA RAMBLA		STREET JAZZ MORIS	RAGGA DANCEHALL MORIS	CONTEMPORARY MORIS	AFRO BEAT SARA & MORIS	HIP HOP MORIS	SHOW JAZZ SARA	DANCE AEROBICS SARA & MORIS	SALSA BASICS FERNANDO & SARA	SHOW JAZZ SARA	HIP HOP MORIS	CONTEMPORARY MORIS	RAGGA DANCEHALL MORIS	STREET JAZZ MORIS
11.00-11.50 OPEN MULTI COURT 1		CORE TRAINING HENRIK & LOUISE	POWER STEP HENRIK MORIS MARIA	H.I.T. vs. TABATA HENRIK	DRUMZ vs. DANZY TEAM TEACH	CORE TRAINING HENRIK & LOUISE	DANZY TEAM TEACH	H.I.T. vs. TABATA HENRIK & LOUISE	PILATES FOR ALL SARA	STEP 'N FUN MORIS & FERNANDO	CORE TRAINING HENRIK	FIGHT FIT BRETT & HENRIK	POWER STEP HENRIK & MORIS	H.I.T. vs. TABATA HENRIK
11.00-11.50 THE RIG	 JANDIA "THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED BOOK AT SPORTSBOOKING	XCORD INTRO BRETT & ANDREAS	XCORD STRENGTH LOUISE & ANDREAS	KETTLEBELL SCHOOL BRETT	XCORD INTRO GYULA & ANDREAS	GRISONS DAG CARDIO GYULA & BRETT	XCORD & COREBALL GYULA & BRETT	LIFTING SCHOOL GYULA & BRETT	CROSSFITNESS vs. BOX GYULA & BRETT	XCORD vs. TABATA GYULA & HENRIK	BOXING SCHOOL BRETT	FIGHT FIT AT MC1	KETTLEBELL SCHOOL BRETT	XCORD STRENGTH BRETT
11.00-11.50 PLAZA RAMBLA		ACTIVE SENIORS CORE - MC1	ACTIVE SENIORS XCORD THE RIGG LOUISE	ACTIVE SENIORS MOBILITY - LOUISE	ACTIVE SENIORS GYMPA - ISABELLE	ACTIVE SENIORS ZUMBA GOLD - MARION	ACTIVE SENIORS STRENGTH - LOUISE	ACTIVE SENIORS GYMPA - ISABELLE	ACTIVE SENIORS BALANCE - ISABELLE	ACTIVE SENIORS DANZY - SARA	ACTIVE SENIORS CORE - AT MC1	ACTIVE SENIORS ADVENTURE HIKE RIKARD	ACTIVE SENIORS PADEL - RIKARD	ACTIVE SENIORS XCORD THE RIG BRETT
12.00-12.50 MULTI COURT 1		EASY YOGA MOVES LOUISE	DEEP STRETCH 20 MIN HENRIK	EASY DANCE MOVES MORIS	DANZY STRETCH MORIS	EASY YOGA MOVES HENRIK & ISABELLE	EASY PILATES SARA	INNER STRENGTH HENRIK	DEEP STRETCH HENRIK & JANE	DANZY STRETCH 20 MIN MORIS	GYMNASTIC MOVES HENRIK	EASY DANCE MOVES MORIS	DANZY STRETCH MORIS	EASY YOGA MOVES HENRIK
12.00-12.50 PLAZA RAMBLA		CROSSFITNESS INTRO HENRIK & BRETT	12.30-16.30 EXCURSION 	CROSSFITNESS WOD BRETT & HENRIK	CROSSFITNESS LEVEL 1 GYULA & BRETT	LEGS & GLUTES GYULA & BRETT	CROSSFITNESS LEVEL 2 GYULA & BRETT	LEGS & GLUTES GYULA & BRETT	CAVEMAN WALK 14.30-18.00 GYULA	12.30-16.30 EXCURSION 	CROSSFITNESS LEVEL 1 BRETT	CROSSFITNESS LEVEL 2 HENRIK & BRETT	BOOTCAMP FOR FUN BRETT & HENRIK	CROSSFITNESS WOD BRETT
15.00 APARTHOTEL POOL		AQUA FUN PLAYITAS SPORTS TEAM	AQUA SPLASHDANCE MARIA LOUISE HENRIK	S.U.P. FITNESS SURF CLUB HENRIK	AQUA FITNESS LOUISE MARIA HENRIK	SWIMRUN FOR FUN BEACH BAR GYULA	AQUA H.I.T. FITNESS HENRIK & ISABELLE	AQUA SPLASHDANCE JANE FERNANDO HENRIK	LATIN AEROBICS FERNANDO & MORIS	WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED BOOK AT SPORTSBOOKING	S.U.P. FITNESS SURF CLUB HENRIK	AQUA H.I.T. FITNESS HENRIK & RIKARD	SWIMRUN FOR FUN BEACH BAR RIKARD	AQUA FITNESS HENRIK & RIKARD
15.00-15.50 MULTI COURT 1	16.15-16.45	DANCE SCHOOL DANCEHALL MORIS	BOOTCAMP FOR FUN HENRIK & LOUISE	WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED BOOK AT SPORTSBOOKING	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	STRENGTH TRAINING INTRO GYULA	HEALTHY BACK RYGGFRISK GYULA	STRENGTH TRAINING CHEST & BACK - BRETT	STRENGTH TRAINING ACTIVE SENIORS GYULA	STRENGTH TRAINING INTRO GYULA	FITNESS TRAINING LEG & GLUTES BRETT	STRENGTH TRAINING CHEST & BACK - BRETT	HEALTHY BACK RYGGFRISK HENRIK	FITNESS TRAINING LEG & GLUTES BRETT
16.00-16.50 PLAZA RAMBLA 2	IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	STRENGTH TRAINING INTRO BRETT												
17.00-17.45 OPEN MULTI COURT 1	FITNESS & FUN WELCOME!	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN FOR EVERYONE	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 FAREWELL WORKOUT
17.45-18.15 OPEN MULTI COURT 1	STRETCH & RELAX HENRIK	STRETCH & RELAX MORIS	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX HENRIK	YOGA STRETCH SARA	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX SARA	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX PLAYITAS SPORTS TEAM	YOGA STRETCH HENRIK	DANZY STRETCH PLAYITAS SPORTS TEAM	STRETCH & RELAX HENRIK
19.30-20.00 PALAPA BAR OUTDOOR	WELCOME CAVA & MINGLE	BLACK & WHITE GALA MINGLE	SANGRIA MINGLE	WELCOME CAVA & MINGLE	AFTER WORKOUT SURF CLUB 18.00	ROSE & CHILL MINGLE	SANGRIA PARTY	WHITE NIGHT MINGLE DRESS WHITE	BLACK & WHITE GALA MINGLE	PADEL PARTY 18.00 WITH SANGRIA	MEET & GREET CAVA & MINGLE	AFTER WORKOUT SURF CLUB 18.00	ROSE & CHILL MINGLE	LAST MINGLE
21.30 OUTDOOR	WELCOME PARTY PALAPA BAR	BLACK & WHITE PARTY LA BODEGA	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	LIVE DJ LA BODEGA	EVENING ENTERTAINMENT	QUIZ NIGHT LA BODEGA	WHITE PARTY PALAPA BAR	BLACK & WHITE PARTY LA BODEGA	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	LIVE DJ LA BODEGA	EVENING ENTERTAINMENT	FAREWELL PARTY

INTERNATIONAL PRESENTER TEAM

HENRIK BRAMSVAD SWEDEN

SARA ULLMAN SWEDEN

MORIS CARDONE GERMANY

JANE RUINSSON SWEDEN

FERNANDO BRITO CHILE

MARION POLAK GERMANY

GYULA BERSCENYI HUNGARY

ISABELLA BADEA SWEDEN

BRETT HOARE GREAT BRITAIN

LOUISE HANSEN DENMARK

ANDREAS GRANITZKI GERMANY

MARIA WOLFHAGEN SWEDEN

RIKARD HALLBERG SWEDEN

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FITNESSFUNWEEKS.COM
PLAYITAS.NET APOLLO.SE
SMS/TEL +46 703322446
MAIL@AEROBICWEEKENDS.COM