





#133 INTERNATIONAL

13TH TO 21ST OF SEPTEMBER 2022

FITNESSFUNWEEKS.COM™

FITNESS & FUNWEEK



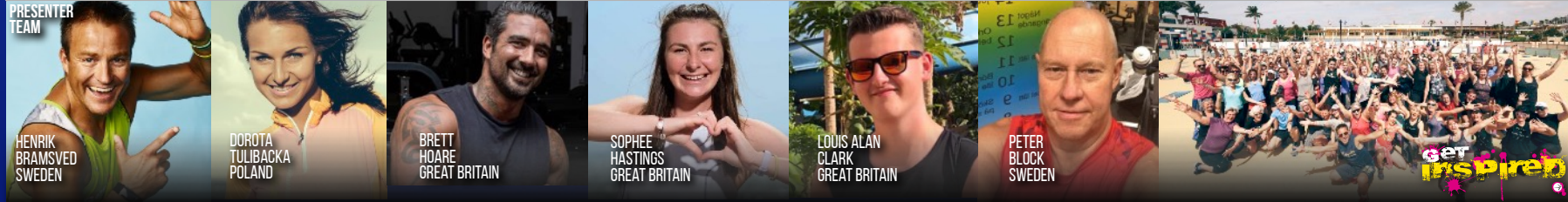






PLEASE CONTACT THE SPORTS BOOKING AT PLAYITAS FOR MORE INFORMATION HOW TO BOOK & PAY FOR THE EVENT

	TUESDAY 13.09	WEDNESDAY 14.09	THURSDAY 15.09	FRIDAY 16.09	SATURDAY 17.09	SUNDAY 18.09	MONDAY 19.09	TUESDAY 20.09	WEDNESDAY 21.09
07.30-08.00 MEET AT THE SPORT ZONE	 WELCOME TO PLAYITAS & THE 133RD INTERNATIONAL FITNESS & FUNWEEK Scan to get online program, booking & winn an event! 	FUNCTIONAL WALK & GUIDED TOUR WITH HENRIK	QIGONG AT THE BEACH 07.30-08.00 HENRIK	FUNCTIONAL WALK & RUN BRETT & HENRIK	WALK & TALK HENRIK & LOUIS	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00	FUNCTIONAL WALK & RUN WITH LOUIS & BRETT	EASY MORNING RUN LOUIS & HENRIK	QIGONG AT THE BEACH 07.30 HENRIK
08.00-08.45 OPEN SPORT ZONE		MORNING YOGA DOROTA & SOPHEE	MORNING PILATES SOPHEE & DOROTA	MORNING YOGA DOROTA & SOPHIE	MOVING MEDITATION DOROTA	MORNING YOGA SOPHEE	MORNING CORE & STRETCH HENRIK	MORNING FOOT PILATES SOPHEE	MORNING YOGA HENRIK
10.00-10.50 PALAPA BAR		FIND YOUR "MOVETIVATION" HENRIK, SOPHEE & BRETT	FUNCTIONAL TRAINING WORKSHOP HENRIK & BRETT	HEALTHY WEIGHT LOSS BRETT, HENRIK & SOPHEE	CORE STABILITY THEORY HENRIK & BRETT	HEALTHY BACK - RYGGFRISK WORKSHOP HENRIK & SOPHEE	SUSTAINABLE HEALTH HENRIK & BRETT	CARDIO TRAINING WORKSHOP HENRIK & BRETT	FIND YOUR "MOVETIVATION" BRETT & SOPHEE
10.00-10.50 PLAZA RAMBLA			SPINNING SPRINT DISCO PETER	DANCE SCHOOL - BACHATA DOROTA	DANCE SCHOOL - SALSA DOROTA	SPINNING INTERVALL PETER	DANCE SCHOOL - DRUMZ SOPHEE		
11.00-11.50 OPEN SPORT ZONE & EL TEATRO		CORE TRAINING LEVEL 1 HENRIK & DOROTA	DANZY vs. DRUMZ DOROTA, SOPHEE & HENRIK	H.I.T. vs. TABATA EL TEATRO - HENRIK & BRETT	STEP FUN FOR ALL EL TEATRO - HENRIK & SOPHEE	CORE TRAINING WITH BALL EL TEATRO - HENRIK & SOPHEE	DANZY vs. CORE EL TEATRO - SOPHEE & HENRIK	PILATES FOR ALL EL TEATRO - SOPHEE	POWER STEP HENRIK & SOPHEE
11.00-11.50 WOD BOX & THE RIG		JUMPING FITNESS BRETT - WOD BOX	LIFTING SCHOOL BRETT - WOD BOX	BUNGEE SUPER FLY DOROTA - THE RIG	JUMPING FITNESS BRETT - THE RIG	KETTLEBELL SCHOOL BRETT & LOUIS - THE RIG	XCORD STRENGTH & STABILITY BRETT & LOUIS - THE RIG	W.O.D. BRETT & LOUIS - WOD BOX	FIGHTING FIT BRETT & LOUIS - WOD BOX
12.00-13.00 EL TEATRO OR YOGA SHALA		XCORD - STRENGTH YOGA SHALA - HENRIK	AERIAL YOGA YOGA SHALA - DOROTA	BALLANCE EL TEATRO - SOPHEE & DOROTA	AERIAL YOGA YOGA SHALA - DOROTA	PILATES REFORMER INDOOR HALL - DOROTA	TRIGGER POINT PILATES YOGA SHALA - SOPHEE	BALLANCE YOGA SHALA - SOPHEE	SHIATSU & YIN YOGA YOGA SHALA - HENRIK
12.00-12.50 PLAZA RAMBLA		CROSSFITNESS INTRO BRETT & LOUIS	CROSSFITNESS LEVEL 1 BRETT & LOUIS	CROSSFITNESS LEVEL 2 BRETT & LOUIS	CROSSFITNESS LEVEL 3 BRETT & LOUIS	12.30-16.30 EXCURSION  "THE WHITE BEACHES" WITH FITNESS & FUN LUNCH & TRANSPORT 30€ NOT INCLUDED	CROSSFITNESS W.O.D. BRETT & LOUIS	GYMNASTIC MOVES HENRIK & LOUIS	CROSSFITNESS CHALLENGE BRETT
15.00-15.30 HOTEL POOL		AQUA SPLASHDANCE SOPHEE & HENRIK	AQUA FITNESS WITH BOARDS DOROTA, SOPHEE & HENRIK	14.00 AQUA FUN & PARTY FIT FEVER TEAM & ANDREW	S.U.P. FITNESS SURF CLUB HENRIK		AQUA FUN TEAM GERMANY	14.00 AQUA FUN FIT FEVER TEAM & ANDREW	AQUA SPLASHDANCE HENRIK & SOPHEE
16.00-16.50 PLAZA RAMBLA		BOOTCAMP FOR FUN HENRIK	DANCE SCHOOL - LATIN DANCE DOROTA	PADEL SCHOOL PADEL COURTS - HENRIK	BEACH W.O.D . FOR ALL BRETT & LOUIS		HEALTHY BACK - RYGGFRISK YOGA SHALA - HENRIK	PADEL SCHOOL PADEL COURTS - HENRIK	AERIAL YOGA YOGA SHALA - DOROTA
16.00-16.50 FITNESSCENTER	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	STRENGTH TRAINING INTRO BRETT & LOUIS	STRENGTH TRAINING LEGS & BUM BRETT	STRENGTH TRAINING ABS & BACK BRETT LOUIS			SWIM-RUN-FOR-ALL BEACH BRETT & LOUIS	STRENGTH TRAINING LEGS & BUM BRETT	STRENGTH TRAINING ABS & BACK BRETT LOUIS
17.00-18.00 OPEN SPORT ZONE	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN DANZY vs. ZUMBA PARTY	FITNESS & FUN SUPER CIRCUIT FOR ALL	FITNESS & FUN 70'S,80'S & 90'S	FITNESS & FUN BLACK & WHITE GALA WORKOUT	FITNESS & FUN DANZY vs. ZUMBA PARTY	FITNESS & FUN SUPER CIRCUIT FOR ALL	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN FAREWELL WORKOUT
18.00-18.30 OPEN SPORT ZONE	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYITAS SPORTS TEAM	YOGA STRETCH SOPHEE	STRETCH & RELAX DOROTA	YOGA STRETCH HENRIK	STRETCH & RELAX PLAYITAS SPORTS TEAM	PADEL PARTY WITH SANGRIA 18.00 - 19.00 PADEL COURTS	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX PLAYITAS SPORTS TEAM
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	SANGRIA MINGLE	WHITE NIGHT MINGLE DRESSCODE WHITE	RETRO NIGHT MINGLE WITH ROSÉ	BLACK & WHITE GALA MINGLE	AFTER WORKOUT SURF CLUB 18.00		WHITE NIGHT MINGLE DRESSCODE WHITE	FAREWELL MINGLE
21.30-LATE	WELCOME PARTY PALAPA BAR	EVENING ENTERTAINMENT	FIT FEVER PALAPA BAR PARTY WITH LIVE DJ	LA BODEGA RETRO PARTY WITH LIVE DJ	BLACK & WHITE PARTY PALAPA BAR	QUIZ-NIGHT DA LUIGI	MASQUERADE PARTY DA LUIGI	WHITE NIGHT WITH LIVE MUSIC LA BODEGA	LAST NIGHT PARTY PARTY WITH LIVE DJ







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