

WELCOME TO PLAYITAS & THE 134TH



AerobicWeekends SWEDEN

INTERNATIONAL

FITNESS & FUNWEEK™

18TH OF NOVEMBER TO THE 1ST OF DECEMBER 2022

FITNESSFUNWEEKS.COM

play itas

apollo sports

FORMAKROPPEN
Kraft & Kunskaft till en bättre kropp

AKTIVSENIOR

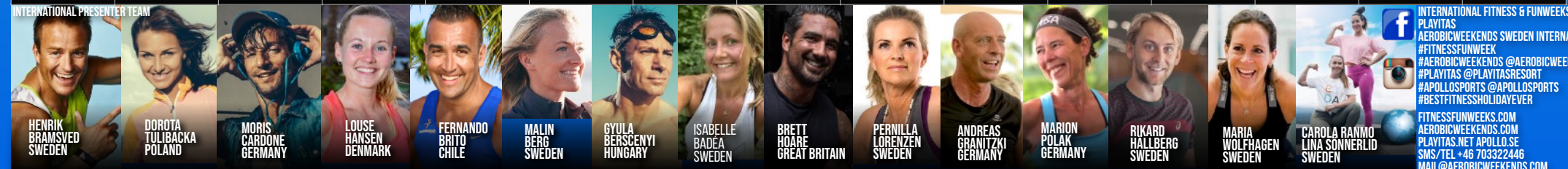
STARKAREVECKAN

PADELFITNESSWEEK

EDUCATION WEEK
GROUP FITNESS INSTRUCTORS TRAINING

get inspired

	FRIDAY 18.11	SATURDAY 19.11	SUNDAY 20.11	MONDAY 21.11	TUESDAY 22.11	WEDNESDAY 23.11	THURSDAY 24.11	FRIDAY 25.11	SATURDAY 26.11	SUNDAY 27.11	MONDAY 28.11	TUESDAY 29.11	WEDNESDAY 30.11	THURSDAY 01.12
07.30-08.00 MEET AT THE SPORT ZONE	 WELCOME TO PLAYITAS & THE 134TH INTERNATIONAL FITNESS & FUNWEEK Scan to get online program, booking, class descriptions & WINN AN EVENT	FUNCTIONAL WALK HENRIK & MARIA	MORNING WALK or RUN LOUISE & ISABELLE	SUNRISE QIGONG AT THE BEACH HENRIK	MORNING WALK & TALK ISABELLE & MARIA	PW & SLOWRUN 07.00-08.00 GYULA	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00	MORNING WALK or RUN ISABELLE & MARIA	FUNCTIONAL WALK PERNILLA & HENRIK	PW & SLOWRUN 07.00-08.00 GYULA	SUNRISE QIGONG AT THE BEACH HENRIK	MORNING WALK & TALK PERNILLA & RIKARD	MORNING WALK or RUN RIKARD & GYULA	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00
08.00-08.45 OPEN SPORT ZONE		MORNING YOGA LOUISE & DOROTA	CORE & STRETCH HENRIK	MORNING YOGA LOUISE	MORNING YOGA HENRIK	MORNING STRETCH MARIA	MORNING YOGA LOUISE	MOVING MEDITATION HENRIK	MORNING YOGA MALIN	CORE & STRETCH HENRIK	MORNING YOGA PERNILLA	MOVING MEDITATION MALIN	MORNING YOGA PERNILLA	MORNING YOGA MALIN
10.00-10.50 PALAPA BAR		FIND YOUR "MOVETIVATION" HENRIK, BRETT & LOUISE	WEIGHT CONTROL HENRIK & LOUISE	CORE STABILITY THEORY HENRIK	5 ELEMENT TRAINING GYULA	HEALTHY BACK GYULA & HENRIK	SUSTAINABLE HEALTH HENRIK	STRENGTH TRAINING THEORY GYULA & BRETT	FIND YOUR "MOVETIVATION" HENRIK & BRETT	WEIGHT CONTROL HENRIK & BRETT	CORE STABILITY THEORY HENRIK	5 ELEMENT TRAINING GYULA	HEALTHY BACK GYULA & HENRIK	SUSTAINABLE HEALTH HENRIK
10.00-10.50 PLAZA RAMBLA			DANCE SCHOOL BACHATA DOROTA	EASY STEP MARIA	AFRO DANCE MARIA	GYMPA FOR FUN ISABELLE	BASIC AEROBICS MARIA	DANCE AEROBICS MORIS	LATIN DANCE FERNANDO & MORIS	BACHATA DOROTA	HIP HOP MORIS	CONTEMPORARY MORIS	RAGGA DANCEHALL MORIS	STREET JAZZ MORIS
11.00-11.50 OPEN SPORT ZONE	 WELCOME TO PLAYITAS & THE 134TH INTERNATIONAL FITNESS & FUNWEEK Scan to get online program, booking, class descriptions & WINN AN EVENT	CORE TRAINING HENRIK & LOUISE	POWER STEP HENRIK ISABELLE MARIA	H.I.T. vs. TABATA HENRIK & ISABELLE	DRUMZ vs. DANZY TEAM TEACH	CORE TRAINING HENRIK & LOUISE	DANZY TEAM TEACH	H.I.T. vs. TABATA HENRIK	ENERGY STRENGTH MALIN	STEP 'N FUN MORIS & FERNANDO	CORE TRAINING HENRIK & PERNILLA	FIGHT FIT BRETT & HENRIK	ZUMBA STEP vs POWER STEP FERNANDO & HENRIK	H.I.T. vs. TABATA HENRIK & CAROLA
11.00-11.50 WOD BOX- THE RIG		BUNGEE SUPER FLY THE RIG DOROTA	XCORD-TRX INTRO THE RIG BRETT	JUMPING FITNESS WOD BOX BRETT	KETTLEBELL SCHOOL GYULA & BRETT	CARDIO W.O.D. GYULA & BRETT	XCORD & COREBALL GYULA & BRETT	LIFTING SCHOOL GYULA	CROSSFIT W.O.D. GYULA & BRETT	BUNGEE SUPER FLY THE RIG DOROTA	JUMPING FITNESS WOD BOX BRETT	KETTLEBELL SCHOOL GYULA & BRETT	LIFTING vs BOXING GYULA & BRETT	CARDIO W.O.D. GYULA & BRETT
11.00-11.50 YOGA SHALA		ACTIVE SENIORS GYMPA MARIA	AERIAL YOGA DOROTA	ACTIVE SENIORS MOBILITY LOUISE	ACTIVE SENIORS GYMPA ISABELLE	ACTIVE SENIORS XCORD HENRIK & LOUISE	ACTIVE SENIORS STRENGTH LOUISE	AERIAL YOGA DOROTA	ACTIVE SENIORS STRENGTH PERNILLA	ACTIVE SENIORS ZUMBA GOLD MARION	ACTIVE SENIORS YOGA PERNILLA	ACTIVE SENIORS YOGA PERNILLA	ACTIVE SENIORS XCORD HENRIK	AERIAL YOGA DOROTA
12.00-12.50 SPORT ZONE		BALLANCE DOROTA	GYMPA FOR FUN ISABELLE	EASY DANZY MOVES MARIA & ISABELLE	DANZY STRETCH MARIA	EASY YOGA MOVES HENRIK & ISABELLE	STEP FOR ALL MARIA & HENRIK	PILATES FOR ALL DOROTA	YIN YOGA PERNILLA	BALLANCE DOROTA	INNER STRENGTH MALIN	ZUMBA FERNANDO & MARION	DANZY STRETCH MORIS	EASY YOGA MOVES PERNILLA
12.00-12.50 PLAZA RAMBLA	 Scan to get online program, booking, class descriptions & WINN AN EVENT	CROSSFITNESS INTRO HENRIK & BRETT	CROSSFITNESS LEVEL 1 BRETT & HENRIK	LEGS & GLUTES BRETT & LOUISE	CROSSFITNESS LEVEL 2 GYULA & BRETT	CROSSFITNESS LEVEL 3 GYULA & BRETT	CROSSFITNESS W.O.D. BRETT & GYULA	LEGS & GLUTES GYULA	CROSSFITNESS INTRO GYULA & BRETT	CROSSFITNESS LEVEL 1 GYULA & BRETT	CROSSFITNESS LEVEL 2 GYULA & BRETT	LEGS & GLUTES CAROLA & LINA	CROSSFITNESS LEVEL 3 GYULA & BRETT	CAVEMAN WALK 14.30-18.00 GYULA
15.00-15.30 APARTHOTEL POOL		AQUA SPLASHDANCE MARIA LOUISE HENRIK	AQUA FITNESS LOUISE & HENRIK	S.U.P. FITNESS SURF CLUB HENRIK	13.00-16.30 EXCURSION 	AQUA FITNESS LOUISE MARIA HENRIK	BEACH W.O.D. FOR ALL BRETT & GYULA AT THE BEACH	AQUA H.I.T. FITNESS HENRIK & DOROTA	AQUA FIESTA FERNANDO DOROTA	AQUA SPLASHDANCE FERNANDO HENRIK	S.U.P. FITNESS SURF CLUB HENRIK	13.00-16.30 EXCURSION 	SWIM-RUN-FOR-ALL BEACH BRETT & GYULA	AQUA FITNESS HENRIK & MARION
15.00-15.50 SPORT ZONE		16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	DANCE SCHOOL SALSA DOROTA	DANCE SCHOOL BALLROOM DOROTA	DANCE SCHOOL JAZZ MARIA		DANCE SCHOOL JAZZ MARIA	DANCE SCHOOL CONTEMPORARY MORIS	DANCE SCHOOL DANCEHALL MORIS	DANCE SCHOOL AFRO BEAT MORIS	DANCE SCHOOL CONTEMPORARY MORIS		DANCE SCHOOL STREET MORIS	LATIN DANCE FERNANDO & MORIS
16.00-16.50 PLAZA RAMBLA			BOOTCAMP FOR FUN HENRIK & LOUISE	BASIC AEROBICS MARIA & ISABELLE	RUNNING SCHOOL LOUISE	"THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	FIGHT FIT BRETT & ISABELLE	BOOTCAMP FOR FUN LOUISE & ISABELLE	AFRO BEAT MORIS	PADEL SCHOOL RIKARD & HENRIK	RUNNING SCHOOL RIKARD	PADEL SCHOOL RIKARD & HENRIK	"THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	PADEL SCHOOL RIKARD & HENRIK
16.00-16.50 FITNESSCENTER		STRENGTH TRAINING INTRO BRETT	STRENGTH TRAINING LEGS & BUM BRETT	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA		HEALTHY BACK RYGGFRISK GYULA	STRENGTH TRAINING CHEST & BACK BRETT	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	STRENGTH TRAINING INTRO GYULA	STRENGTH TRAINING STABILITY GYULA	FITNESS TRAINING LEG & GLUTES BRETT		HEALTHY BACK RYGGFRISK HENRIK	FITNESS TRAINING LEG & GLUTES BRETT
17.00-17.45 OPEN SPORT ZONE	FITNESS & FUN WELCOME WORKOUT	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 70 S, 80 S & 90 S
17.45-18.15 OPEN SPORT ZONE	STRETCH & RELAX HENRIK	YOGA STRETCH LOUISE	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ GOLF CLUB 18.00-19.00	YOGA STRETCH HENRIK	STRETCH & RELAX LOUISE	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX HENRIK	STRETCH & RELAX MORIS	STRETCH & RELAX HENRIK	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ GOLF CLUB 18.00-19.00	YOGA STRETCH MALIN	STRETCH & RELAX MORIS	PADEL PARTY WITH SANGRIA & AMERICANO 18.00 - 19.00 PADEL COURTS	STRETCH & RELAX HENRIK
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	BLACK & WHITE GALA MINGLE		WELCOME CAVA & MINGLE	ROSE & CHILL MINGLE	SANGRIA MINGLE	RETRO MINGLE DRESS CODE RETRO	WHITE NIGHT MINGLE DRESS WHITE	BLACK & WHITE GALA MINGLE		MEET & GREET CAVA & MINGLE	ROSE & CHILL MINGLE		RETRO MINGLE DRESS CODE RETRO
21.30- LATE	WELCOME PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	SALSA PARTY PALAPA	EVENING ENTERTAINMENT	RETRO PARTY PALAPA BAR	WHITE PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	SALSA PARTY PALAPA	EVENING ENTERTAINMENT	RETRO PARTY PALAPA BAR

HENRIK
BRAMSVED
SWEDENDOROTA
TULIBACKA
POLANDMORIS
CARDONE
GERMANYLOUISE
HANSEN
DENMARKFERNANDO
BRITO
CHILEMALIN
BERG
SWEDENGYULA
BERSCENYI
HUNGARYISABELLE
BADEA
SWEDENBRETT
HOARE
GREAT BRITAINPERNILLA
LORENZEN
SWEDENANDREAS
GRANTZKI
GERMANYMARION
POLAK
GERMANYRIKARD
HALLBERG
SWEDENMARIA
WOLFHAGEN
SWEDENCAROLA RANMO
LINA SONNERLID
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PLEASE CONTACT THE SPORTS BOOKING AT PLAYITAS FOR MORE INFORMATION HOW TO BOOK & PAY FOR THE EVENT