

#137 INTERNATIONAL FITNESS & FUNWEEK

13TH TO 21ST OF SEPTEMBER 2022

FITNESSFUNWEEKS.COM™

AerobicWeekends
SWEDEN



play
itas

apollo sports

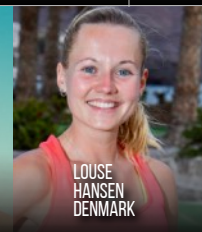
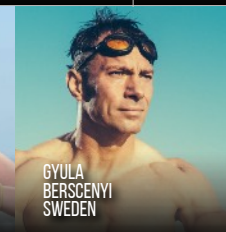
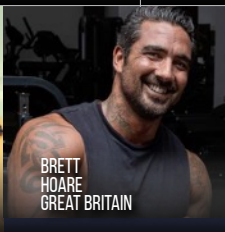
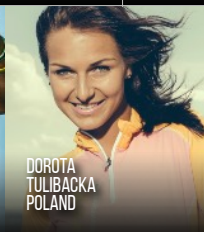
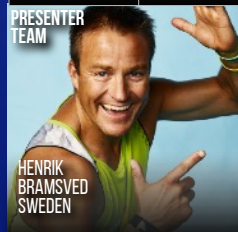
FORMAKROPPEN
Kraft & Kunskap till en bättre livsstil

AKTIVSENIOR

EDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAINING

get inspired

	TUESDAY 12.09	WEDNESDAY 13.09	THURSDAY 14.09	FRIDAY 15.09	SATURDAY 16.09	SUNDAY 17.09	MONDAY 18.09	TUESDAY 19.09	WEDNESDAY 20.09
07.30-08.00 MEET AT THE SPORT ZONE	WELCOME TO PLAYITAS & THE 137TH INTERNATIONAL FITNESS & FUNWEEK	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 & SOPHEE	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 & YINYOGA 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	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	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		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	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	PADEL COURTS 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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