

WELCOME TO PLAYITAS & THE 139TH



INTERNATIONAL

15TH TO 28TH OF JANUARY 2024

FITNESSFUNWEEKS.COM

FITNESS & FUNWEEK™



	MONDAY 15.01	TUESDAY 16.01	WEDNESDAY 17.01	THURSDAY 18.01	FRIDAY 19.01	SATURDAY 20.01	SUNDAY 21.01	MONDAY 22.01	TUESDAY 23.01	WEDNESDAY 24.01	THURSDAY 25.01	FRIDAY 26.01	SATURDAY 27.01	SUNDAY 28.01
INSTRUCTOR EDUCATION		09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00
07.30-08.00 MEET AT THE SPORT ZONE		FUNCTIONAL WALK & TALK LOUISE & HENRIK	MORNING WALK & RUN LOUISE & HENRIK	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	MORNING WALK or RUN LOUISE & HENRIK	QIGONG AT THE BEACH HENRIK	FUNCTIONAL POWER WALK SOFIE AKO LOUISE	EASY MORNING RUN MADELEN & LOUISE	FUNCTIONAL WALK & TALK HENRIK & LOUISE	FUNCTIONAL WALK or RUN AKO & MADELEN	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	FUNCTIONAL WALK or RUN LOUISE & MADELEN	QIGONG AT THE BEACH HENRIK	07.00 MORNING POWERWALK & RUN AKO & MADELEN
08.00-08.45 OPEN SPORTZONE	WELCOME TO PLAYITAS & THE 139TH INTERNATIONAL FITNESS & FUNWEEK  Scan QR to get online program, booking, class descriptions & WINN AN EVENT	MORNING YOGA LOUISE & HENRIK	MOVING MEDITATION DOROTA	CORE & STRETCH HENRIK & SOFIA	MORNING YOGA LOUISE & SOFIA	MORNING PILATES DOROTA	MOVING MEDITATION HENRIK & DOROTA	MORNING YOGA LOUISE & DOROTA	MORNING PILATES JENNI & MARIA	MORNING YOGA MARIA & DOROTA	CORE & STRETCH JENNI & HENRIK	MORNING YOGA MARIA & JENNI	MORNING PILATES MARIA & DOROTA	MOVING MEDITATION YOGA SHALA DOROTA
10.00-10.50 POOLBAR LOUNGE PALAPA BAR		FIND YOUR "MOVETIVATION" HENRIK	WEIGHT CONTROL HENRIK & SOFIA	CORE STABILITY THEORY HENRIK & SOFIA	SUSTAINABLE HEALTH HENRIK & DOROTA	STRENGTH TRAINING THEORY AKO & BRETT	HEALTHY BACK HENRIK & DOROTA	CARDIO TRAINING THEORY HENRIK & LOUISE	FIND YOUR "MOVETIVATION" HENRIK & BRETT	5 ELEMENT TRAINING HENRIK & AKO	RECOVERY & REHAB HAPPY PELVIS JENNI	BREATHING CONTROL JENNI & DOROTA	HEALTHY BACK JENNI & HENRIK	SUSTAINABLE HEALTH HENRIK & JENNI
11.00-11.50 OPEN SPORTZONE		CORE TRAINING 1 SOFIA & HENRIK	POWER STEP HENRIK & DOROTA	H.I.T. vs TABATA LOUISE & HENRIK	DRUMZ vs. DANZY TEAM TEACH	CORE TRAINING 2 HENRIK & SOFIA	DANZY PARTY TEAM TEACH	PILATES FOR ALL DOROTA	CORE TRAINING 1 HENRIK LOUISE JENNI	POWER STEP MARIA DORO HENRIK	FIGHT FIT FOR ALL BRETT & AKO	DANZY PARTY TEAM TEACH	CORE TRAINING 2 HENRIK & LOUISE	H.I.T. vs TABATA HENRIK & MARIA
11.00-11.50 WOD BOX - THE RIG				WOD BOX JUMPING FITNESS BRETT		WOD BOX CARDIO W.O.D. BRETT & AKO	DEFENZO SELF DEFENSE PLAZA RAMBLA 11.00 BRETT & AKO	GYMNASIC MOVES PLAZA RAMBLA 11.00 HENRIK & AKO	WOD BOX BOXING BRETT & AKO	DEFENZO SELF DEFENSE PLAZA RAMBLA 11.00 BRETT & AKO	THE RIG BUNGEE SUPER FLY DOROTA LOUISE	WOD BOX CARDIO W.O.D. BRETT & LOUISE	WOD BOX JUMPING vs CROSSFIT MARIA & BRETT	THE RIG BUNGEE SUPER FLY DOROTA
12.00-12.50 SPORTZONE		STRENGTH TRAINING INTRO FITNESSCENTER 12.00 HENRIK & LOUISE	AERIAL YOGA DOROTA YOGA SHALA 12.00	BALLANCE DOROTA YOGA SHALA 12.00	DANCE SCHOOL LATIN DOROTA	LEGS & GLUTES BRETT & LOUISE	WOD BOX 12.00 JUMPING vs CROSSFIT BRETT & AKO	WOD BOX 12.00 KETTLEBELL SCHOOL BRETT & AKO	CROSSFITNESS LEVEL 2 BRETT & HENRIK	WOD BOX CROSSFIT & LIFTING AKO & BRETT	DANCE SCHOOL MOVIES & MUSICALS JENNI & MARIA	CROSSFITNESS LEVEL 2 BRETT & HENRIK	CROSSFITNESS LEVEL 2 BRETT & HENRIK	ABS & CORE BRETT & LOUISE
12.00-12.50 YOGA SHALA				WOD BOX 12.00 LIFTING SCHOOL BRETT	AERIAL YOGA DOROTA & SOFIA	EASY YOGA LOUISE & SOFIA	BALLANCE DOROTA	DANCE SCHOOL SALSA JENNI	AERIAL YOGA DOROTA & JENNI			BALLANCE MARIA & DOROTA	AERIAL YOGA DOROTA & JENNI	DEEP DUAL STRETCH HENRIK & MARIA
15.00-15.30 OPEN APARTHOTEL POOL		AQUA SPLASHDANCE LOUISE & HENRIK	AQUA FITNESS DOROTA HENRIK SOFIA	13.00-16.30 EXCURSION	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	AQUA H.I.T. FITNESS BRETT LOUISE HENRIK	AQUA FIESTA DOROTA LOUISE HENRIK	AQUA FUN PLAYITAS SPORTS TEAM	AQUA SPLASHDANCE JENNI MARIA HENRIK	AQUA FITNESS DORO LOUISE HENRIK	13.00-16.30 EXCURSION	S.U.P. FITNESS SURF CLUB HENRIK	AQUA H.I.T. FITNESS HENRIK BRETT	AQUA FIESTA DOROTA MARIA HENRIK
16.00-16.50 PLAZA RAMBLA	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	THE RIG 16.00 BUNGEE SUPER FLY DOROTA	STRENGTH TRAINING LEGS & BUM LOUISE	"THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	STRENGTH TRAINING SHOULDERS & CHEST	DANCE SCHOOL BACHATA DOROTA	BEACH W.O.D. FOR ALL BRETT & AKO 16.00 AT THE BEACH	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	PADEL SCHOOL HENRIK	RUNNING SCHOOL 1 MADELEN	"THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	BOOTCAMP FOR FUN BRETT & MADELEN	RUNNING SCHOOL 2 MADELEN	BEACH W.O.D. FOR ALL BRETT & LOUISE 16.00 AT THE BEACH
16.00-16.50 FITNESSCENTER						STRENGTH TRAINING ABS & BACK AKO			STRENGTH TRAINING INTRO BRETT	STRENGTH TRAINING LEGS & BUM BRETT		STRENGTH TRAINING SHOULDERS & CHEST HENRIK	STRENGTH TRAINING ABS & BACK BRETT	
17.00-17.45 OPEN SPORTZONE	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN SUPER CIRCUIT	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 TROPICANA	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 SPORTZONE	YOGA STRETCH HENRIK	STRETCH & RELAX LOUISE	STRETCH & RELAX DOROTA	STRETCH & RELAX HENRIK & SOFIA	YOGA STRETCH LOUISE	YOGA STRETCH DOROTA	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ PALAPA BAR 18.00-19.15	YOGA STRETCH LOUISE	STRETCH & RELAX HENRIK & JENNI	PADEL PARTY WITH SANGRIA & AMERICANO 18.00 - 19.00 PADEL COURTS	YOGA STRETCH LOUISE	STRETCH & RELAX MARIA	YOGA STRETCH DOROTA & JENNI	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ PALAPA BAR 18.00-19.15
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	TROPICAL MINGLE	SANGRIA MINGLE	RETRO CAVA & MINGLE	WHITE NIGHT MINGLE DRESS WHITE	BLACK & WHITE GALA MINGLE		WELCOME CAVA & MINGLE	TROPICAL MINGLE		RETRO CAVA & MINGLE	WHITE NIGHT MINGLE DRESS WHITE	BLACK & WHITE GALA MINGLE	
21.30- ENTERTAINMENT	WELCOME PARTY PALAPA BAR	EVENING ENTERTAINMENT	LIVE MUSIC LA BODEGA	RETRO PARTY PALAPA BAR	WHITE PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	TROPICAL PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	RETRO PARTY PALAPA BAR	WHITE PARTY WITH SALSA PALAPA BAR	GALA PARTY PALAPA BAR	FAREWELL PARTY PALAPA BAR

