

WELCOME TO PLAYITAS & THE 140TH



AerobicWeekends SWEDEN

play
itas

apollo sports

FORMAKROPPEN
Kraft & Kunskap till en bättre livsstil

AKTIVSENIOR

ATLETVECKAN
FÖR ALLAEDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAININGget
inspired

15TH OF MARCH TO THE 24TH OF MARCH 2024

FITNESSFUNWEEKS.COM™

FITNESS & FUNWEEK

	THURSDAY 14.03	FRIDAY 15.03	SATURDAY 16.03	SUNDAY 17.03	MONDAY 18.03	TUESDAY 19.03	WEDNESDAY 20.03	THURSDAY 21.03	FRIDAY 22.03	SATURDAY 23.03	SUNDAY 24.03
07.30-08.00 MEET AT THE SPORT ZONE	 WELCOME TO PLAYITAS & THE 140TH INTERNATIONAL FITNESS & FUNWEEK 	QIGONG AT THE BEACH HENRIK	FUNCTIONAL WALK & TALK LOUISE & HENRIK	FUNCTIONAL POWER WALK LOUISE & AMANDA	EASY MORNING RUN OR WALK AMANDA & BRETT	FUNCTIONAL WALK & TALK AMANDA & HENRIK	FUNCTIONAL WALK OR RUN MARIA & AMANDA	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	07.00 MORNING POWERWALK OR RUN GYULA & LOUISE	QIGONG AT THE BEACH HENRIK	EASY MORNING RUN LOUISE & MARIA
08.00-08.45 OPEN SPORTZONE		MORNING YOGA DOROTA & HENRIK	MORNING YOGA DOROTA & LOUISE	MOVING MEDITATION HENRIK & DOROTA	MORNING YOGA LOUISE & HENRIK	MORNING PILATES MARIA & JENNI	MORNING YOGA LOUISE & DOROTA	CORE & STRETCH HENRIK & JENNI	MORNING YOGA MARIA & LOUISE	MORNING PILATES JENNI & DOROTA	MOVING MEDITATION HENRIK & DOROTA
10.00-10.50 POOLBAR LOUNGE PALAPA BAR		FIND YOUR "MOVE-TIVATION" DOROTA & HENRIK	HEALTHY BACK HENRIK & LOUISE	SUSTAINABLE HEALTH HENRIK & DOROTA	WEIGHT CONTROL HENRIK & LOUISE	FIND YOUR "MOVE-TIVATION" HENRIK & BRETT	5 ELEMENT TRAINING GYULA & HENRIK	STRENGTH TRAINING THEORY GYULA & BRETT	RECOVERY & REHAB GYULA HAPPY PELVIS JENNI	HEALTHY BACK GYULA & HENRIK	BREATHING CONTROL JENNI
11.00-11.50 OPEN SPORT ZONE		H.I.T. vs. TABATA HENRIK & DOROTA	CORE TRAINING 1 HENRIK FERNANDO	STEP'N FUN TEAM TEACH	PILATES FOR ALL DOROTA & LOUISE	CORE TRAINING 2 HENRIK & PUSP	DRUMZ vs. DANZY TEAM TEACH	H.I.T. vs. TABATA HENRIK & MARIA	DANZY TEAM TEACH	CORE TRAINING 1 HENRIK & LOUISE	FIGHT FIT FOR ALL PUSP GYULA BRETT
11.00-11.50 WOD BOX - THE RIG			THE RIG BUNGEE SUPER FLY DOROTA AMANDA	THE RIG JUMPING FITNESS BRETT & AMANDA	THE RIG KETTLEBELL SCHOOL BRETT & AMANDA	THE RIG JUMPING FITNESS MARIA & BRETT	THE RIG BUNGEE SUPER FLY DOROTA & AMANDA	THE RIG POWER & STRENGTH AMANDA & BRETT	DEFENZO SELF DEFENSE PLAZA RAMBLA 11.00 BRETT & PUSP	WOD BOX JUMPING vs. CROSSFITNESS MARIA BRETT GYULA PUSP	
12.00-12.50 SPORTZONE		DANCE SCHOOL SALSA & BACHATA DOROTA	ZUMBA FERNANDO & DORO	CROSSFITNESS LEVEL 1 HENRIK & BRETT	GYMNASTIC MOVES FOR ALL HENRIK & BRETT	12.30 WOD BOX CROSSFITNESS & LIFTING GYULA BRETT PUSP	CROSSFITNESS LEVEL 1 GYULA PUSP BRETT	CROSSFITNESS LEVEL 2 GYULA PUSP BRETT	12.30 WOD BOX CARDIO W.O.D. GYULA BRETT PUSP	CROSSFITNESS LEVEL 3 GYULA PUSP BRETT	POWER STEP FOR ALL MARIA LOUISE HENRIK
12.00-12.50 YOGA SHALA			ACTIVE SENIORS STRONG LEGS LOUISE	ACTIVE SENIORS EASY YOGA LOUISE	BALLANCE DOROTA & AMANDA	DANCE SCHOOL SALSA DOROTA JENNI	AERIAL YOGA DOROTA LOUISE	BALLANCE MARIA & DOROTA	DANCE SCHOOL MOVIES & MUSICALS JENNI & MARIA	ACTIVE SENIORS YOGA MARIA	AERIAL YOGA DOROTA PUSP
15.00-15.30 OPEN APARTHOTEL POOL		AQUA FITNESS DOROTA & HENRIK	AQUA FIESTA FERNANDO DOROTA	AQUA FITNESS DORO LOUISE HENRIK	S.U.P. FITNESS BEACH HENRIK & INGO	AQUA H.I.T. FITNESS HENRIK DORO LOUISE	AQUA SPLASHDANCE MARIA DORO HENRIK	S.U.P. FITNESS BEACH INGO	AQUA H.I.T. FITNESS HENRIK BRETT LOUISE	AQUA FIESTA MARIA HENRIK LOUISE	AQUA FITNESS TEAM TEACH
16.00-16.50 PLAZA RAMBLA		RUNNING SCHOOL LOUISE	DANCE SCHOOL LATIN FERNANDO	BEACH W.O.D. FOR ALL AMANDA & BRETT AT THE BEACH	RUNNING SCHOOL LOUISE & AMANDA	15.00 CYCLING TERRACE RYTM CYCLING JENNI MARIA AMANDA BRETT	DANCE SCHOOL DANCEHALL JENNI & DORO	 "THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	BASIC AEROBICS MARIA & HENRIK	DANCE SCHOOL SHOW JAZZ MARIA & JENNI	BEACH W.O.D. FOR ALL GYULA PUSP LOUISE AT THE BEACH
16.00-16.50 MEET AT PLAZA RAMBLA		16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA			16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	FIGHT FIT BRETT PUSP AMANDA	DEFENZO SELF DEFENSE AMANDA & PUSP		BOOTCAMP FOR FUN LOUISE & PUSP	RUNNING SCHOOL LOUISE & PUSP	
16.00-16.50 FITNESSCENTER		Scan QR to get online program, booking, class descriptions & WINN AN EVENT	STRENGTH TRAINING INTRO LOUISE & AMANDA	PADEL SCHOOL HENRIK		STRENGTH TRAINING INTRO GYULA	FITNESS TRAINING LEG & GLUTES GYULA		STRENGTH TRAINING CHEST & BACK BRETT	STRENGTH TRAINING HEALTHY BACK GYULA	PADEL SCHOOL HENRIK
17.00-17.45 OPEN SPORT ZONE	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN WELCOME WORKOUT	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 SPORT ZONE	YOGA STRETCH DOROTA & HENRIK	STRETCH & RELAX HENRIK & AMANDA	STRETCH & RELAX LOUISE & AMANDA	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ PALAPA BAR 18.00-19.15	STRETCH & RELAX HENRIK & MARIA	STRETCH & RELAX HENRIK & JENNI	PADEL PARTY WITH SANGRIA, MUSIC & AMERICANO 18.00 - 19.15 PANORAMIC PADEL COURTS	YOGA STRETCH JENNI & AMANDA	STRETCH & RELAX MARIA & HENRIK	YOGA STRETCH LOUISE & JENNI	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ PALAPA BAR 18.00-19.15
19.30-20.00 PALAPA BAR	WELCOME CAVA & MEET & GREET	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	EVENING ENTERTAINMENT	WHITE PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR FR 22.00	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	TROPICANA PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	RETRO PARTY PALAPA BAR	WHITE PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR FR 22.00	FAREWELL PARTY PALAPA BAR

INTERNATIONAL PRESENTER TEAM



PLEASE CONTACT THE SPORTS BOOKING AT PLAYITAS FOR MORE INFORMATION HOW TO BOOK & PAY FOR THE EVENT OR SCAN THE QR-CODE AT THE PROGRAM

Direct link www.aerobicweekends.com/playitas/qr

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