



INTERNATIONAL FITNESS & FUNWEEK™



	FRIDAY 13.03	SATURDAY 14.03	SUNDAY 15.03	MONDAY 16.03	TUESDAY 17.03	WEDNESDAY 18.03	THURSDAY 19.03	FRIDAY 20.03	SATURDAY 21.03	SUNDAY 22.03	MONDAY 23.03
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
07.30-08.00 MEET AT THE SPORT ZONE	 INTERNATIONAL FITNESS & FUNWEEK #149 	FUNCTIONAL WALK & TALK HENRIK & PUSP	FUNCTIONAL WALK HENRIK & PUSP	EASY MORNING WALK or RUN PUSP & HENRIK	FUNCTIONAL POWER WALK AKO & PUSP	FUNCTIONAL WALK or RUN AKO & PUSP	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	FUNCTIONAL WALK or RUN PUSP & AKO	07.00 MORNING MOUNTAIN POWERWALK AKO	FUNCTIONAL WALK JOSIE D	07.30-08.30 FUNCTIONAL POWER WALK WITH YOGA AKO D
08.00-08.45 SPORTZONE OPEN FOR ALL		MORNING YOGA AT THE BEACH FOR ALL JENNI & HENRIK	QIGONG AT THE BEACH FOR ALL HENRIK	MOVING MEDITATION AT THE BEACH FOR ALL JENNI	MORNING PILATES FOR ALL JENNI MARIA ULRIKA	MORNING YOGA FOR ALL ULRIKA HENRIK JENNI	CORE & STRETCH FOR ALL JENNI & HENRIK	MOVING MEDITATION AT THE BEACH FOR ALL HENRIK & JENNI	MORNING YOGA FOR ALL MARIA & HENRIK	QIGONG AT THE BEACH FOR ALL JOSIE & HENRIK	
10.00-10.50 SEMINAR PALAPA BAR LOUNGE AREA		THE 3 GUIDELINES FOR SUCCESS IN FITNESS HENRIK & JENNI	5 ELEMENT TRAINING PUSP & HENRIK	BREATHING CONTROL JENNI	SUSTAINABLE HEALTH HENRIK & JENNI	HAPPY PELVIS JENNI CARDIO TRAINING THEORY HENRIK	RECOVERY & REHAB AKO & MARIA	STRENGTH TRAINING THEORY AKO	HEALTHY BACK HENRIK	FIND YOUR "MOVE-TIVATION" HENRIK	
11.00-11.50 SPORTZONE OPEN FOR ALL		DANCE FITNESS IBO	HIP HOP BEGINNERS IBO	DRUMZ vs. DANZY TEAM TEACH	CORE TRAINING 1 HENRIK & PUSP	POWER STEP HENRIK & JENNI	H.I.T. vs TABATA HENRIK & PUSP	DANZY PARTY TEAM TEACH	CORE TRAINING 2 HENRIK	FIGHT FIT FOR ALL AKO WITH TEAM	
11.00-11.50 FITNESS CENTER		CROSSFITNESS LEVEL 1 PLAZA RAMBLA GRASS AREA HENRIK & PUSP	H.I.T. VS TABATA PLAZA RAMBLA GRASS AREA PUSP & HENRIK		FITNESS CENTER STRENGTH TRAINING 1 ACADEMY AKO	HYBRID COURT JUMPING vs CROSSFITNESS AKO & JENNI	FITNESS CENTER STRENGTH TRAINING 2 ACADEMY AKO & PUSP	FITNESS CENTER STRENGTH TRAINING 3 ACADEMY AKO & PUSP	FITNESS CENTER STRENGTH TRAINING 4 ACADEMY AKO		
12.00-13.00 SPORTZONE OPEN FOR ALL	ACTIVE SENIORS CORETRAINING LEVEL 1 FOR ALL HENRIK & JENNI YOGA SHALA	BASIC AEROBICS FOR ALL JENNI & HENRIK SPORTZONE	GYMNASTIC MOVES FOR ALL HENRIK & PUSP YOGA SHALA	CROSSFITNESS LEVEL 1 PLAZA RAMBLA GRASS AREA AKO & PUSP	DANCE SCHOOL EASY SHOW JAZZ FOR ALL HENRIK & JENNI	BASIC AEROBICS FOR ALL HENRIK & AKO	12.00-16.30 EXCURSION WITH BEACH W.O.D. & LAGUNA WALK 	CROSSFITNESS CHALLENGE PLAZA RAMBLA GRASS AREA AKO & J	STEP FOR FUN FOR ALL TEAM TEACH		
12.00-12.50 YOGA SHALA				ACTIVE SENIORS DANCE SCHOOL SALSA JENNI & MARIA	ACTIVE SENIORS BALLANCE MARIA	ACTIVE SENIORS AERIAL YOGA JENNI & MARIA		ACTIVE SENIORS DANCE SCHOOL BACHATA MARIA	ACTIVE SENIORS HEALTHY BACK MARIA		
15.00-15.30 OPEN APARTHOTEL POOL	Who can join this event? 15-years Anniversary with Apollo & Playitas! Everyone at Playitas can join the open classes at SportZone! All other classes require you to sign in and pay an event fee.	AQUA AEROBICS PLAYITAS SPORTS TEAM	AQUA FUN PLAYITAS SPORTS TEAM	AQUA FUN PLAYITAS SPORTS TEAM	BEACH W.O.D. TEAM TEACH 15.00 AT THE BEACH	14.30-15.00 AQUA FITNESS JENNI, AKO, PUSP & HENRIK	BEACH W.O.D. TEAM TEACH 15.00 AT THE BEACH		AQUA H.I.T. FITNESS ULLI WITH TEAM	AQUA FIESTA MASSIMO WITH TEAM	
16.00-16.50 PLAZA RAMBLA	IMPORTANT INFO TOUR WITH BOOTCAMP "FOR FUN" 17.00-17.40 MEET AT PLAZA RAMBLA	BOOTCAMP FOR ALL MEET AT PLAZA RAMBLA 16.00 PUSP & HENRIK	BACHATA DANCE SCHOOL PLAZA RAMBLA 16.00 JENNI	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA & 18.00 PLAZA RAMBLA	DEFENZO SELF DEFENSE MEET AT PLAZA RAMBLA 16.00 LEVEL 1 - PUSP	HEALTHY BACK WALK MEET AT PLAZA RAMBLA 16.00 JENNI	DEFENZO SELF DEFENSE MEET AT PLAZA RAMBLA 16.00 LEVEL 2 - PUSP	"THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED 	15.00-15.50 PADEL SCHOOL HENRIK	BEACH W.O.D. FOR ALL AKO WITH TEAM 16.00 AT THE BEACH	
16.00-16.50 FITNESS CENTER		FITNESS CENTER STRENGTH TRAINING INTRO ACADEMY HENRIK			LIFTING SCHOOL 1 ACADEMY AKO	PADEL SCHOOL HENRIK	LIFTING SCHOOL 2 ACADEMY AKO		LIFTING SCHOOL 3 ACADEMY AKO		
17.00-17.40 SPORTZONE OPEN FOR ALL		BEACH W.O.D. FOR ALL PUSP WITH TEAM 17.00 AT THE BEACH		FITNESS & FUN FOR EVERYONE SUPER CIRCUIT	FITNESS & FUN FOR EVERYONE TROPICANA WORKOUT PLAZA RAMBLA 17.00-18.00	FITNESS & FUN FOR EVERYONE DANZY vs. ZUMBA	FITNESS & FUN FOR EVERYONE PARTY WORKOUT	FITNESS & FUN FOR EVERYONE SUPER CIRCUIT	FITNESS & FUN FOR EVERYONE DANZY PARTY	FITNESS & FUN FOR EVERYONE 70 S.80 S & 90 S	
17.40-18.00 SPORTZONE OPEN FOR ALL	SUNSET YOGA AT THE BEACH FOR ALL JENNI & ULRIKA		YOGA STRETCH JENNI & MARIA			YOGA STRETCH JOSIE & ULRIKA	STRETCH & RELAX MARIA & JENNI	YOGA STRETCH JOSIE & MARIA	STRETCH & RELAX MARIA & HENRIK	YOGA STRETCH JOSIE & MARIA	
19.30-20.00 MEET & GREET	WELCOME TO PLAYITAS CAVA & MINGLE	TROPICAL BEACH MINGLE DRESSCODE COLORFUL	18.00-18.40 AFTER WORKOUT AT THE BEACH	WELCOME MINGLE DRESSCODE WHITE OR ANY OTHER COLORS	SUNSET BEACH MINGLE	BEACH MINGLE REAGAE & RUM	PARTY AL FRESCO LOCAL STYLE FROM 20.30 DRESSCODE RETRO STYLE	18.00-19.00 PADEL PARTY WITH AMERICANO PADEL COURTS	TROPICAL BEACH MINGLE DRESSCODE COLORFUL	18.00-19.00 AFTER WORKOUT AT THE BEACH	
21.30-ENTERTAINMENT	QUIZ NIGHT 21.00-22.00 WITH MASSIMO	TROPICAL PARTY WITH SALSA PALAPA BAR FR 21.30	LIVE MUSIC GROOVE 20.30-22.00	WHITE PARTY WITH BACHATA, DRESSCODE WHITE PALAPA BAR FR 21.30	APOLLO MUSIC BINGO 21.00-22.00	LIVE MUSIC 19.00 SOCIAL SALSA FR 21.00 LATIN PARTY FR 22.00			TROPICAL PARTY WITH SALSA PALAPA BAR FR 21.30	LIVE MUSIC GROOVE 20.30-22.00	

CHECK OUT HOTEL LATEST 11.00
SEE TRANSFER INFORMATION FROM YOUR CHARTER AGENCY!

THANK YOU ALL FOR THE FANTASTIC TIME AT PLAYITAS!

SEE YOU ALL SOON AGAIN!

Join the Facebook group: International Fitness & FunWeeks Playitas



Here you can enjoy and share the pictures & videos from the event! You will also get information about upcoming events and offers!

