



INTERNATIONAL FITNESS & FUNWEEK

March 2018



PRELIMINAR PROGRAM

	Monday 19 March	Tuesday 20 March	Wednesday 21 March	Thursday 22 March	Friday 23 March	Saturday 24 March	Sunday 25 March	Monday 26 March	Tuesday 27 March	Wednesday 28 March	Thursday 29 March	Friday 30 March	Saturday 31 March	Sunday 1 April
		Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	Education 09.00-18.00	
07.00 - 07.45	Welcome to the 104th International Fitness & FunWeek with 221 classes, activities, seminars & workshops	Morning 3D	Morning Trail Running	Morning Martial Arts	Morning Tabata	Morning 3D	06.30 Sunrise Morning Walk	Meditation at the Beach	Qi Gong at the beach	Morning Walk with Talk	06.30 Sunrise Mountain	Meditation at the Beach	Morning Walk with Talk	06.30 Sunrise Mountain
Meet at MC1		Boris	Boris	Boris	Boris	Boris	Eva Marie & Hans-Ove	Malin	Henrik	Adam	Walk with Qigong Henrik	Malin	Adam	Walk/Run Jane & Adam
08.00 - 08.45		Morning Yoga	Morning Yoga	Morning Yoga	Morning Pilates	Morning Yoga	Morning Yoga	Morning Core & Stretch	Morning Pilates	Morning Yoga	Morning Core & Stretch	Morning Yoga	Morning Yoga	Morning Core & Stretch
MultiCourt 1		Malin	Katrin	Malin	Sara	Malin	Katrin with team	Sofia	Sara	Malin	Jane	Jane	Malin	Henrik
08.00 - 08.30		Morning Walk/Run	Morning Walk/Run	06.30 Sunrise Mountain	Morning BootCamp	Morning Walk/Run	Morning Run	Morning Walk/Run	Morning Walk/Run	Morning Run	Morning BootCamp	Morning Walk/Run	Morning Walk/Run	Morning Walk/Run
Meet at MC1		Jenny, Katrin & Eva Marie	Jenny & Linnea	Walk with Qigong Henrik	Jenny & Linnea	Sofia & Micke	Sofia	Sara & Henrik	Jane & Adam	Jane	Adam	Fernando & Adam	Sofia	Sofia
09.00 - 09.45		Education Intro	Functional & Athletic!	Core Stability Theory	Träna Skadeförebyggande	Atletkost & Återhämtning	Ny Succémetod!	Theoretical Exam Education	Coachande Ledarskap	Förverkliga Din Drömmar!	RyggFrisk - Healthy Back	Educational Workshop	Theoretical Exam Education	
Seminar Room		Henrik & Karin	Gyula (in swedish)	Karin (in swedish)	Boris (in swedish)	Gyula & Boris (in swedish)	Henrik (swedish)	Henrik (swedish)	Adam & Jane (swedish)	Adam (swedish)	Henrik (swedish)	Henrik	Henrik	
10.00 - 10.55		Träna eller Motionera?	RyggFrisk - Healthy Back	Kortkurs om Kost	Träna med Pulsen!	SuperFood	Hitta Motivationen!	Är Vikten Viktig?	Träna eller Motionera?	Kortkurs om Kost	Gruppdynamik del 1	Träna Funktionellt!	Gruppdynamik del 2	Ny Succémetod!
Seminar Room		Henrik & Gyula (in swedish)	Gyula & Karin (in swedish)	Linnea & Jenny (swedish)	Henrik -	Linnea & Jenny (swedish)	Karin (swedish)	Sofia (swedish)	Henrik (swedish)	Sofia (swedish)	Adam (swedish)	Henrik (swedish)	Adam & Jane (swedish)	Henrik (swedish)
10.00 - 10.55		DanZy	Disco Fever	Dancehall	XCord Ryggfrisk	HouseMoves	Umbrella Dance	ChairDance	Functional at MC1	Zumba at MC1	DanZy	Functional Training	Functional Circuit	HouseMoves
Tennis Court 6		Katrin	Katrin	Karin	Karin	Sara	Sara	Sara	Playtias Sports Team	Sara & Playtias Sports Team	Sara & Jane	Mauricio	Team teach	Katrin
11.00 - 11.55	MultiCourt 1 = Yellow	Coretraining level 1	H.I.T. Functional & Athletic	PowerStep	AfroDance	Coretraining level 2	Easy Ragga Dance	PowerStep	Coretraining level 1	AfroDance	H.I.T. Functional & Athletic	PowerStep vs ZumbaStep	Coretraining level 2	Zumba Fitness
MultiCourt 1 open		Henrik & Karin	Henrik & Niklas	Henrik & Katrin	Sara & Katrin	Henrik & Sofia	Katrin	Sara & Henrik	Henrik & Sofia	Sara	Henrik & Adam	Henrik & Fernando	Henrik	Fernando
11.00 - 11.55	Plaza Rambla = Green	Active Seniors Easy Dance	Active Seniors Cardio	Active Seniors Balance	Active Seniors Utflykt	Active Seniors Healthy Back	Active Seniors NordicWalking	GymnasticMoves	Running School Basic	BootCamp for Fun	Running School Sprint	Outdoor Circuit	DanZy Latin	Trailrun 5K
Plaza Rambla		Katrin	Jenny & Linnea	Nicklas	10.00-ca 16.00 Eva Marie	Micke & Katrin	2h Eva Marie & Hans-Ove	Malin	Jane	Jane & Adam	Jane	Jane & Adam	Fernando	Jane & Adam
11.00 - 11.55	Seminar Room= Dark Purple	XCord vs FitnessBall	RyggFrisk - Healthy Back	XCord vs 3D	Tyngdlyftning & Crossfit	XCord vs MMA tys	XCord Coretraining	XCord H.I.T.	Basic Aerobics	XCord Intro	Running School Sprint	Outdoor Circuit	Run for Fun	XCord Ryggfrisk
Tennis Court 6		Gyula & Boris	Gyula & Karin	Gyula & Boris	Gyula & Boris	Jenny, Linnea & Boris	Sofia & Karin	Sofia	Sara	Henrik	Jane at Plaza Rambla	Jane & Adam at Plaza Rambla	Jane & Adam at Plaza Rambla	Henrik
12.00 - 12.55	Tennis Court 6 = Purple	Easy Yoga Moves	SomaMove	Deep Dual Stretch	Core & Stretch	Easy Yoga Moves	FlowYoga	Deep Dual Stretch	Easy Yoga Moves	Core & Stretch	YogaFlow	Deep Dual Stretch	Inner Strength	Core & Stretch
MultiCourt 1		Malin	Karin	Henrik & Karin	Karin	Malin with team	Malin with team	Henrik & Sara	Malin	Henrik & Fernando	Malin	Henrik & Fernando	Malin	Jane
12.00 - 12.55	Apparthotel Pool = Blue	FitnessCross Intro	FitnessCross Level 1	FitnessCross Level 2	FitnessCross Level 3	FitnessCross Challenge	SomaMove	FitnessCross W.O.D.	FitnessCross Level 1	FitnessCross Level 2	FitnessCross Level 3	FitnessCross W.O.D.	FitnessCross Challenge	FitnessCross
Plaza Rambla		Gyula	Gyula & Boris	Gyula & Boris	Gyula & Boris	Gyula & Boris	Karin	Malin	Sofia & Henrik	Henrik	Henrik	Jane & Adam	Jane & Adam	Mauricio
15.15 - 15.45	Spinning Area = Mint Book & Pay at Sports Booking	Aqua Fitness	Aqua SplashDance	Aqua H.I.T. Fitness	Aqua FunClass 60's 70's & 80's	Aqua Latin	Aqua H.I.T. Fitness	Aqua Fitness	Aqua FunClass	Aqua SplashDance	Aqua H.I.T. Fitness	Aqua Zumba	Aqua FunClass	Aqua Zumba
Apparthotel Pool		Henrik	Katrin & Karin	Henrik, Jenny & Linnea	Sara, Sofia & Henrik	Sara & Katrin	Jenny & Linnea	Playtias Sports Team	Jane, Sofia & Henrik	Sofia, Sara & Henrik	Jane & Henrik	Fernando	Fernando & Henrik	Fernando
16.00 - 16.55	Fitness Center = Grey	AfroDance	Basic Aerobics	Easy StreetDance Moves	GymnasticMoves	Easy Ragga Dance	StreetDance	Easy Dancemoves	DanZy vs Zumba Fitness	Beach Intervals	Basic Aerobics	Latin Dance	Salsa Basics	Beach Intervals
Plaza Rambla		Karin & Katrin	Henrik	Katrin	Malin & Niklas	Katrin	Katrin	Sara	Sara, Sofia & Henrik	Jane	Henrik & Jane	Fernando	Fernando	Jane
16.00 - 16.55	Sports Bar = Magenta	Tyngdlyftning & Crossfit	Tyngdlyftning & Crossfit	Styrketräning	Swim & Run open water	Athletic 5 Test	BootCamp Circuit	Inner Strength	Pilates Ball	Combat Fitness	PowerStep	Gymnastic Moves	Functional Fitness	Disco vs Reggaeton
Tennis Court 6		Gyula & Boris	Gyula & Boris	Gyula & Boris	Gyula & Boris	Gyula & Boris	Jenny & Linnea	Malin	Jane	Boris	Henrik	Malin	Gyula	Fernando & Henrik
17.00 - 17.55	Evening Entertainment = Black	Strength Training Intro	Active Seniors Strength	Strength Training Intro	Functional Strength Training	Strength Training Intro	Active Seniors Strength	Group Strength Training	Strength Training Intro	Group Strength Training	Strength Training Intro	Group Strength Training	Group Strength Training	Group Strength Training
Fitness Centre		Gyula & Jenny	Nicklas	Gyula, Linnea & Jenny	Gyula - TC6	Linnea & Jenny	Nicklas & Karin	Follow the program	Adam	Follow the program	Adam	Adam	Adam	Adam
17.00 - 17.45	Welcome Workout	Fitness & Fun Circuit	FunClass - DanZy Party	Back to the 70's 80's & 90's	Fitness & Fun Circuit	Fitness & Fun Party	FunClass Farewell	FunClass - DanZy Party	Fitness & Fun Circuit	Back to the 70's 80's & 90's	FunClass Zumba vs DanZy	Fitness & Fun Circuit	Fitness & Fun Party	FunClass Farewell
MultiCourt 1 open	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)	All Instructors (Team Teach)
17.45 - 18.15	Stretch & Relax	Stretch & Relax	Yoga Stretch	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Yoga Stretch	Stretch & Relax	Stretch & Relax
MultiCourt 1 open	Playtias Sports Team	Karin	Malin	Henrik	Karin	Playtias Sports Team	Sofia	Henrik	Playtias Sports Team	Sara	Henrik	Malin	Jane	Henrik
19.30 - 20.00	Welcome drink & Mingle	Sangria Party	White Night	SuperFood Mingle	After Workout 18.00-19.00	Black & White Gala	Rosé & Mingle	Cava & Mingle	Sangria Party	White Night	Sangria Party	After Workout 18.00-19.00	Black & White Gala	Rosé & Mingle
Sports bar	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	Beach Bar	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla	Beach Bar	La Bodega, Plaza Rambla	La Bodega, Plaza Rambla
21.30 -	Evening entertainment	Evening entertainment	White Night Party	70's 80's & 90's Party	Evening entertainment	Black & White Party	Last Night Party	Gala Party	Evening entertainment	White Night Party	70's 80's & 90's Party	Evening entertainment	Black & White Party	Last Night Party

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INTERNATIONAL PRESENTER TEAM



HENRIK BRAMSVED • KATRIN STRANDBERG • GYULA BERCSENYI • SARA ULLMAN • FERNANDO BRITO • SOFIA LUNDQVIST • BORIS KUZMIC • KARIN HENNING • JANE RUNESSON • ADAM MALMSTRÖM • MALIN BERG • JENNY WESTMAN ...& MORE

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