



INTERNATIONAL **FITNESS FUNWEEK**

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AerobicWeekends



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MEETING POINTS		MONDAY 26.11	TUESDAY 27.11	WEDNESDAY 28.11	THURSDAY 29.11	FRIDAY 30.11	SATURDAY 01.12	SUNDAY 02.12	MONDAY 03.12	
YELLOW MULTICOURT 1	07.30-08.00 MEET AT MC1	<i>Welcome to the ActiveSeniors and the International Fitness & FunWeek edition 101</i>	MORNING WALK HEDVIG & JONATAN	SUNRISE MOUNTAIN WALK 07.15 QIGONG	FUNCTIONAL WALK JONATHAN & MOA	MORNING WALK•RUN HEDVIG & JONATAN	SUNRISE MOUNTAIN WALK 07.15 QIGONG	MORNING WALK•RUN HEDVIG & JONATAN	MOUNTAIN WALK•RUN KATRIN & RIKARD	
	08.00-08.45 MULTI COURT 1		MORNING YOGA MALIN	CORE & STRETCH HEDVIG	MORNING YOGA MALIN	MORNING YOGA KATRIN	MOVINGMEDITATION MALIN	MORNING YOGA KATRIN	MORNING YOGA MALIN	
10.00-10.50 SEMINAR ROOM	10.00-10.50 SEMINAR ROOM		TRÄNA ELLER MOTIONERA? HENRIK	RYGGFRISK HENRIK & MAUI	TRÄNA MED PULSEN! MAUI	HITTA MOTIVATIONEN! KATRIN	ÄR VIKTEN VIKTIG FITNESS HENRIK	SKADEFÖREBYGGANDE TRÄNING MAUI	YOGA I VARDAGEN MALIN	
	11.00-11.50 PLAZA RAMBLA		ACTIVE SENIORS STRENGTH HEDVIG	ACTIVE SENIORS CARDIO JONATAN	ACTIVE SENIORS RYGGFRISK HENRIK	ACTIVE SENIORS NORDIC WALKING HEDVIG	ACTIVE SENIORS BALANCE MAUI	ACTIVE SENIORS BOOTCAMP KATRIN	ACTIVE SENIORS RYGGFRISK HENRIK TC6	
PURPLE TENNIS COURT 6	12.00-12.50 MULTI COURT 1		EASY DANCE MOVES HENRIK & MOA	EASY YOGA MOVES MALIN	BASIC STRETCH MOVES HENRIK	CORE & STRETCH HENRIK	INNER STRENGTH MALIN	DYNAMIC YOGA MALIN	EASY YOGA MOVES MALIN	
	15.15-15.45 OPEN APARTHOTEL POOL		AQUA FITNESS HENRIK, HEDVIG & MOA	AQUA H.I.T. FITNESS HENRIK & JONATAN	AQUA FUN ONATAN, HENRIK & HEDVIG	AQUA SPLASHDANCE KATRIN & HENRIK	AQUA H.I.T. FITNESS HENRIK	AQUA FUN HEDVIG & KATRIN	AQUA FITNESS HENRIK	
GREEN PLAZA RAMBLA	16.00-16.50 PLAZA RAMBLA		18.00-18.30 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	CORE TRAINING HENRIK	BOOTCAMP FOR FUN HENRIK & JONATAN	RUNNING SCHOOL BASIC JONATAN	RUNNING SCHOOL JONATAN	BASIC AEROBICS KATRIN WITH TEAM	BOOTCAMP FOR FUN MAUI & JONATAN	RUNNING SCHOOL BASIC RIKARD
	16.00-16.50 FITNESSCENTER			STRENGTH TRAINING INTRO HEDVIG & JONATAN	STRENGTH TRAINING ACTIVE SENIORS MOA	STRENGTH TRAINING INTRO HEDVIG & MOA	STRENGTH TRAINING INTRO HEDVIG & MOA	STRENGTH TRAINING ACTIVE SENIORS HEDVIG	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING FUNCTIONAL HENRIK
BLUE APARTHOTEL POOL	17.00-17.45 OPEN MULTI COURT 1		FITNESS & FUN WELCOME!	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN 70'S, 80'S & 90'S	FITNESS & FUN DANZY PARTY	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN PARTYWORKOUT
	17.45-18.15 OPEN MULTI COURT 1		STRETCH & RELAX MALIN	STRETCH & RELAX HENRIK & MOA	YOGA STRETCH MALIN	STRETCH & RELAX HEDVIG	YOGA STRETCH KATRIN	STRETCH & RELAX HENRIK	STRETCH & RELAX KATRIN	YOGA STRETCH MALIN
GREY FITNESS CENTER	19.30-20.00 LA BODEGA	WELCOME CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DRESS WHITE	AFTER WORKOUT BEACH BAR 18.15	BLACK & WHITE GALA MINGLE	SALSA & ROSE MINGLE	MEET & GREET CAVA & MINGLE	
	21.30- LA BODEGA	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE NIGHT PARTY	LA BODEGA PARTY	BLACK & WHITE PARTY	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	
BLACK LA BODEGA										




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