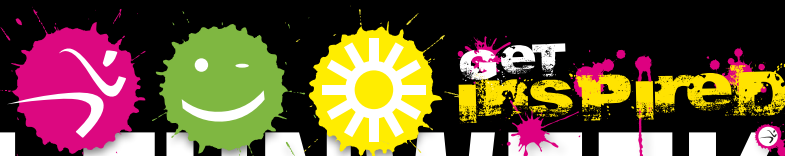


GÜRAL PREMIER BELEK PRESENTS



# FITNESS & FUNWEEK

03.07 - 09.07 2017 PROFITNESSWEEKS.COM FEAT. INTERNATIONAL PRESENTER PETRI VÄHÄKUOPUS

	MONDAY 03.07	TUESDAY 04.07	WEDNESDAY 05.07	THURSDAY 06.07	FRIDAY 07.07	SATURDAY 08.07	SUNDAY 09.07
08.00-08.45 SPORTS AREA	MORNING YOGA PETRI	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MINDFULNESS PETRI	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM
10.00-10.45 SPORTS AREA	PILATES SPORTS TEAM	STEP AEROBICS PETRI	BALANCE PETRI	FLEXIBILITY PETRI	BODY BALANCE SPORTS TEAM	PILATES SPORTS TEAM	CORE TRAINING SPORTS TEAM
11.00-11.30 LEISSURE POOL	AQUA FITNESS TEAMTEACH	AQUA H.I.T PETRI	AQUA GYM SPORTS TEAM	AQUA FITNESS TEAM TEACH	AQUA H.I.T PETRI	AQUA SPLASH DANCE TEAM TEACH	AQUA FITNESS SPORTS TEAM
16.00-16.50 SPORTS AREA	CROSS FITNESS PETRI	LEGS BUMS & TUMS SPORTS TEAM	CROSS FITNESS PETRI	H.I.T. VS TABATA PETRI	STEP AEROBICS SPORTS TEAM	ABS WORKOUT SPORTS TEAM	STEP AEROBICS SPORTS TEAM
17.00-17.40 SPORTS AREA	FITNESS & FUN DANZY TEAM TEACH	FITNESS & FUN FAMILY CIRCUIT TRAINING	FITNESS & FUN FAMILY OLYMPICS	FITNESS & FUN JUMPING FITNESS	FITNESS & FUN CHALLENGE TEAM TEACH	FITNESS & FUN CROSS FITNESS TEAM TEACH	FITNESS & FUN DANCE AEROBICS
17.40-18.00 SPORTS AREA	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX



## INTERNATIONAL PRESENTER

**Petri Vähäkuopus - Finland**  
International presenter &  
Family Fitness expert  
Certified Personal Trainer &  
Pro Fitness Instructor  
Head Teacher of Functional  
Fitness at AerobicWeekends  
Sweden



*"The key to succes is to have fun while training. Each class is suitable for all, from beginners to elite trained athletes. Together we will have fun, push ourselves and enjoy our vaction. All you have to do is join us and we will help you improve your fitness."*