

GÜRAL PREMIER TEKIROVA PRESENTS



FITNESS & FUNWEEK

10.07 - 16.07 2017 PROFITNESSWEEKS.COM FEAT. INTERNATIONAL PRESENTER PETRI VÄHÄKUOPUS

	MONDAY 10.07	TUESDAY 11.07	WEDNESDAY 12.07	THURSDAY 13.07	FRIDAY 14.07	SATURDAY 15.07	SUNDAY 16.07
08.30-09.15 SPORTS AREA	MORNING YOGA PETRI	MORNING YOGA SPORTS TEAM	BALANCE PETRI	MORNING YOGA SPORTS TEAM	MINDFULNESS PETRI	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	CORE TRAINING SPORTS TEAM	STEP AEROBICS PETRI	PILATES SPORTS TEAM	FLEXIBILITY PETRI	STEP AEROBICS SPORTS TEAM	DANZY TEAM TEACH	CORE TRAINING SPORTS TEAM
11.15-11.45 LEISSURE POOL	AQUA FITNESS TEAMTEACH	AQUA H.I.T PETRI	FOAM PARTY POOL AREA	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	AEROBICS SPORTS TEAM	CROSS FITNESS PETRI	H.I.T. VS TABATA PETRI	CROSS FITNESS CHALLENGE	AEROBICS SPORTS TEAM	STEP AEROBICS SPORTS TEAM
17.00-17.40 SPORTS AREA	FITNESS & FUN KANGO JUMP TEAM TEACH	FITNESS & FUN FAMILY CIRCUIT TRAINING	FITNESS & FUN 70'S & 80'S DANCEMOVES	FITNESS & FUN DANZY TEAM TEACH	FITNESS & FUN KANGO JUMP TEAM TEACH	FITNESS & FUN ZUMBA TEAM TEACH	FITNESS & FUN CIRCUIT TRAINING
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."