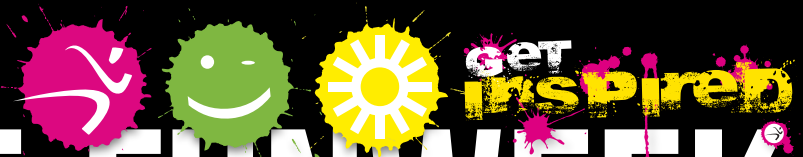


GÜRAL PREMIER BELEK PRESENTS



FITNESS & FUNWEEK

24.07 - 30.07 2017 PROFITNESSWEEKS.COM FEAT. LOUISE WICKSTROM & JACOB LUNDMARK - SWEDEN

	MONDAY 24.07	TUESDAY 25.07	WEDNESDAY 26.07	THURSDAY 27.07	FRIDAY 28.07	SATURDAY 29.07	SUNDAY 30.07
08.00-08.45 SPORTS AREA		MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM		MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM
10.00-10.45 SPORTS AREA	CORE STABILITY LOUISE	FUNCTIONAL FITNESS JACOB	CARDIO & PLYO JACOB	TABATA LOUISE	STRENGTH JACOB	PLATES SPORTS TEAM	CORE TRAINING SPORTS TEAM
11.00-11.30 LEISSURE POOL	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM
16.00-16.50 SPORTS AREA	JUMPING FITNESS ON STAGE	STEP AEROBICS SPORTS TEAM	DANCE AEROBICS SPORTS TEAM	JUMPING FITNESS ON STAGE	STEP AEROBICS SPORTS TEAM	ABS WORKOUT SPORTS TEAM	STEP AEROBICS SPORTS TEAM
17.00-17.40 SPORTS AREA	FITNESS & FUN H.I.T TO BE FIT LOUISE & JACOB	FITNESS & FUN ATHLETIC LOUISE & JACOB	FITNESS & FUN CROSS FITNESS LOUISE & JACOB	FITNESS & FUN TEAM WORK LOUISE & JACOB	FITNESS & FUN CHALLENGE LOUISE & JACOB	FITNESS & FUN CROSS FITNESS SPORTS TEAM	FITNESS & FUN DANCE AEROBICS
17.40-18.00 SPORTS AREA	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX



LOUISE WICKSTROM

INTERNATIONAL PRESENTERS

Louise Wickström - Sweden

International presenter with a mastersexam in Sports and Health science. Head coach for a youth elite gymnastics squad. Elite Crossfit Athlete. Louise is well known for her ability to spread joy and motivate the people around her.

Jacob Lundmark - Sweden

International presenter. Two time swedish floorball champion and european champion. Functional training and crossfit specialist. Jacob has a university degree in sport science and works on daily basis to develop youth athletes at the Sports University.



JACOB LUNDMARK

"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."