

GÜRAL PREMIER BELEK PRESENTS

FITNESS & FUNWEEK

31.07 - 06.08.2017 PROFITNESSWEEKS.COM

FEAT. SOFIE STROM SWEDEN

DANZY

	MONDAY 31.07	TUESDAY 01.08	WEDNESDAY 02.08	THURSDAY 03.08	FRIDAY 04.08	SATURDAY 05.08	SUNDAY 06.08
08.00-08.45 SPORTS AREA	MORNING FLOW SOFIE	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING FLOW SOFIE	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM
10.00-10.45 SPORTS AREA	DANZY SOFIE	STEP AEROBICS SOFIE	HOUSE MOVES SOFIE	AFORDANCE SOFIE	LATIN DANCE SOFIE	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	H.I.I.T. SPORTS TEAM	LEGS BUMS & TUMS SPORTS TEAM	CROSS FITNESS 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 LATIN DANCE SOFIE	FITNESS & FUN HIPHOP MOVES SOFIE	FITNESS & FUN BACK TO THE 80-90'S SOFIE	FITNESS & FUN TABATA VS H.I.T. SOFIE	FITNESS & FUN DANZY PARTY SOFIE	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 SOFIE STROM

International presenter. ProFitness instructor. Specialized in Dance-classes as DanZy, AfroDance, House and StepAerobics. Sofie is famous for her high energy fitness classes and she transforms the sessions into a party! Member of the presenter team of 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."

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



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