

GÜRAL PREMIER TEKIROVA PRESENTS



# FITNESS & FUNWEEK

31.07 - 06.08 2017 PROFITNESSWEEKS.COM

FEAT. ROJA KAMALI - SWEDEN

	MONDAY 31.07	TUESDAY 01.08	WEDNESDAY 02.08	THURSDAY 03.08	FRIDAY 04.08	SATURDAY 05.08	SUNDAY 06.08
08.30-09.15 SPORTS AREA	MORNING YOGA SPORTS TEAM	MORNING MOBILITY ROJA	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING MOBILITY ROJA	MOVE & MEDITATION RACHEL	MORNING YOGA SPORTS TEAM
09.15-10.00 MEET AT SPORTS AREA	S.U.P FITNESS STAND UP PADDLE BOARD ROJA	S.U.P FITNESS STAND UP PADDLE BOARD ROJA	S.U.P FITNESS STAND UP PADDLE BOARD ROJA	S.U.P FITNESS STAND UP PADDLE BOARD ROJA	S.U.P FITNESS STAND UP PADDLE BOARD ROJA	S.U.P FITNESS STAND UP PADDLE BOARD ROJA	
10.15-11.00 SPORTS AREA	TABATA ROJA	H.I.T WORKOUT ROJA	PLYO & CORE ROJA	ABS & LEGS ROJA	CIRCUIT TRAINING ROJA	FITNESS PILATES RACHEL	STEP AEROBICS SPORTS TEAM
11.15-11.45 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 HIIT FITNESS RACHEL
16.00-16.50 SPORTS AREA	KANGO JUMP NURSEN	CORE TRAINING SPORTS TEAM	CIRCUIT TRAINING SPORTS TEAM	AEROBICS SPORTS TEAM	KANGO JUMP NURSEN	DANCE AEROBICS SPORTS TEAM	FIT BALL SPORTS TEAM
17.00-17.40 SPORTS AREA	FITNESS & FUN ZUMBA ROJA	FITNESS & FUN STREET JAZZ ROJA	FITNESS & FUN DANZY FAMILY ROJA	FITNESS & FUN BELLY DANCE ROJA	FITNESS & FUN LYRICAL DANCE ROJA	FITNESS & FUN CORETRAINING SPORTS TEAM	FITNESS & FUN H.I.T. WORKOUT RACHEL
17.40-18.00 SPORTS AREA	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX	STRETCH & RELAX



## INTERNATIONAL PRESENTER ROJA KAMALI - SWEDEN

International presenter  
Certified Dance Teacher  
Pro Fitness Instructor  
Team AerobicWeekends  
International



*"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."*