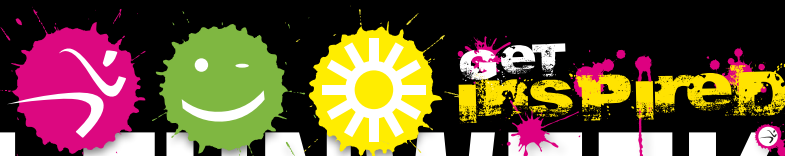


GÜRAL PREMIER BELEK PRESENTS



FITNESS & FUNWEEK

07.08-13.08.2017 PROFITNESSWEEKS.COM

FEAT. ROJA KAMALI SWEDEN

	MONDAY 07.08	TUESDAY 08.08	WEDNESDAY 09.08	THURSDAY 10.08	FRIDAY 11.08	SATURDAY 12.08	SUNDAY 13.08
08.00-08.45 SPORTS AREA	MORNING MOBILITY ROJA	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING MOBILITY ROJA	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM
09.00-09.45 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		
10.00-10.45 SPORTS AREA	PILATES SPORTS TEAM	STEP AEROBICS SPORTS TEAM	PLYO & CORE ROJA	ABS & LEGS ROJA	TABATA ROJA	PLATES SPORTS TEAM	CORE TRAINING SPORTS TEAM
11.00-11.30 LEISSURE POOL	AQUA FITNESS ROJA	AQUA FITNESS SPORTS TEAM	AQUA FITNESS SPORTS TEAM	AQUA FITNESS ROJA	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 ZUMBA ROJA	FITNESS & FUN DANZY FAMILY ROJA	FITNESS & FUN BELLY DANCE ROJA	FITNESS & FUN STREET JAZZ ROJA	FITNESS & FUN DANZY PARTY ROJA	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 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 vacation. All you have to do is join us and we will help you improve your fitness."