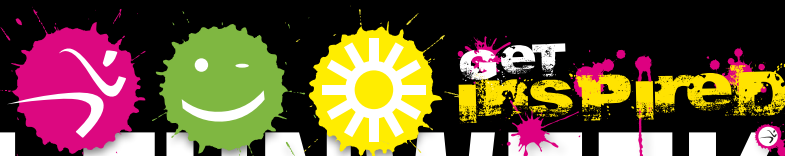


GÜRAL PREMIER BELEK PRESENTS



# FITNESS & FUNWEEK

28.08-03.09.2017 PROFITNESSWEEKS.COM

FEAT. JANE RUNESSON SWEDEN

	MONDAY 28.08	TUESDAY 29.08	WEDNESDAY 30.08	THURSDAY 31.08	FRIDAY 01.09	SATURDAY 02.09	SUNDAY 03.09
08.00-08.45 SPORTS AREA	MORNING CORE JANE	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA JANE	MORNING YOGA SPORTS TEAM	MORNING YOGA SPORTS TEAM
10.00-10.45 SPORTS AREA	PILATES SPORTS TEAM	STEP AEROBICS SPORTS TEAM	CORE WITH FITNESS BALL JANE	H.I.T. ATHLETIC JANE	RUNNING SCHOOL JANE	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.IT. SPORTS TEAM	RUNNING SCHOOL JANE	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	RUN & FUN JANE	FITNESS & FUN DANZY FAMILY JANE	FITNESS & FUN BEACH INTERVALS JANE	FITNESS & FUN BOOTCAMP JANE	FITNESS & FUN DANZY PARTY TEAM TEACH	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 JANE RUNESSON - SWEDEN

International presenter  
Certified fitness instructor  
Athletics specialist  
Soccer team fitness coach  
Teacher of Fitness  
instructors training with  
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 vacation. All you have to do is join us and we will help you improve your fitness."*

**GÜRAL**  
PREMIER HOTELS & RESORTS

**AerobicWeekends**  
SWEDEN



DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER  
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