

GÜRAL PREMIER TEKIROVA PRESENTS



# Fitness & Fun

20.06-26.06 2022 PROFITNESSWEEKS.COM

FEAT. SARA ULLMAN SWEDEN

	MONDAY 20.06	TUESDAY 21.06	WEDNESDAY 22.06	THURSDAY 23.06	FRIDAY 24.06	SATURDAY 25.06	SUNDAY 26.06
08.15-09.00 SPORTS AREA	MORNING STRETCH SPORTS TEAM	HATHA YOGA SPORTS TEAM	MORNING PILATES SARA	HATHA YOGA SPORTS TEAM	MORNING YOGA SARA	MOVING MEDITATION MALIN	CORE & STRETCH HENRIK
10.15-11.00 SPORTS AREA	DANZY FITNESS SARA	PILATES FOR ALL SARA	FAT BURNING WORKOUT SPORTS TEAM	ZUMBA FITNESS SARA	STEP AEROBICS SARA	PILATES FOR ALL SARA	STEP AEROBICS HENRIK
11.15-11.45 MAIN POOL	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM WITH DUMBBELL SPORTS TEAM	AQUA SPLASH DANCE SARA	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA ZUMBA SARA	AQUA SPLASH DANCE SARA & HENRIK	AQUA GYM WITH NOODLES SPORTS TEAM
15.15-16.00 FITNESS CENTER	AFRO DANCE SARA	CYCLING SPORTS TEAM	PILATES WITH BALL SPORTS TEAM	CYCLING SPORTS TEAM	BASIC PILATES SPORTS TEAM	CYCLING SPORTS TEAM	PILATES WITH BAND SPORTS TEAM
16.15-17.00 SPORTS AREA	AERIAL YOGA FITNESS & FUN SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	AERIAL YOGA FITNESS & FUN SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	CHAIR DANCE FITNESS & FUN SARA	DANZY PARTY FITNESS & FUN TEAMTEACH	CROSSFITNESS FITNESS & FUN HENRIK
17.15-18.00 SPORTS AREA	ZUMBA FITNESS SPORTS TEAM	SHOW JAZZ FITNESS & FUN SARA	BOOTY WORKOUT SPORTS TEAM	DRUMZ FITNESS & FUN SARA	ZUMBA SPORTS TEAM	BOOTY WORKOUT SPORTS TEAM	YOGA STRETCH & RELAX MALIN



## INTERNATIONAL PRESENTER SARA ULLMAN - SWEDEN

International Presenter, Dancer and Pro Fitness Instructor.  
With her energizing inspiration, Sara's classes are always a breathtaking workout experience for Your mind and body. Where ever she goes, she's bringing long lasting motivation and joy. Don't miss out on this lovable and widely appreciated Instructor. [www.saraulman.com](http://www.saraulman.com)



*"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."*

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