

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

25.06-01.07 2022 PROFITNESSWEEKS.COM

FEAT. MALIN BERG & HENRIK BRAMSVED SWEDEN

	SATURDAY 25.06	SUNDAY 26.06	MONDAY 27.06	TUESDAY 28.06	WEDNESDAY 29.06	THURSDAY 30.06	FRIDAY 01.07
08.15-08.45 SPORTS AREA	MOVING MEDITATION MALIN	CORE & STRETCH HENRIK	MORNING YOGA MALIN	MORNING YOGA MALIN	MOVING MEDITATION HENRIK	MORNING YOGA MALIN	MORNING YOGA MALIN
08.45-09.15 MEET AT SPORTSAREA	S.U.P. FITNESS INTRO HENRIK	S.U.P. FITNESS YOGA MALIN	S.U.P. FITNESS CORE HENRIK	S.U.P. FITNESS INTRO HENRIK	S.U.P. FITNESS YOGA MALIN	S.U.P. FITNESS CORE HENRIK	S.U.P. FITNESS CHALLENGE HENRIK
10.15-11.00 SPORTS AREA	PILATES FOR ALL SARA	STEP AEROBICS HENRIK	INNER STRENGTH MALIN	BARRE WORKOUT MALIN	CORE TRAINING HENRIK	STEP AEROBICS HENRIK	INNER STRENGTH MALIN
11.15-11.45 MAIN POOL	AQUA SPLASH DANCE SARA & HENRIK	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA FITNESS HENRIK WITH TEAM	AQUA GYM WITH DUMBBELL SPORTS TEAM	AQUA SPLASH DANCE HENRIK WITH TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA FITNESS HENRIK WITH TEAM
15.15-16.00 FITNESS CENTER	CYCLING SPORTS TEAM	PILATES WITH BAND SPORTS TEAM	DANCE LESSON SPORTS TEAM	CYCLING SPORTS TEAM	PILATES WITH BALL SPORTS TEAM	CYCLING SPORTS TEAM	BASIC PILATES SPORTS TEAM
16.15-17.00 SPORTS AREA	DANZY PARTY FITNESS & FUN TEAMTEACH	CROSSFITNESS FITNESS & FUN HENRIK	AERIAL YOGA FITNESS & FUN SPORTS TEAM	FAMILY FITNESS & FUN HENRIK & MALIN	CROSSFITNESS FITNESS & FUN HENRIK	JUMPING FITNESS & FUN SPORTS TEAM	SUPER CIRCUIT FITNESS & FUN HENRIK
17.00-17.40 SPORTS AREA	BOOTY WORKOUT SPORTS TEAM	YOGA FLOW MALIN	ZUMBA vs. DANZY PARTY TEAM TEACH	ABS WORKOUT HENRIK	DANZY PARTY FITNESS & FUN HENRIK & MALIN	H.I.T. vs TABATA HENRIK	ZUMBA vs. DANZY PARTY TEAM TEACH
17.40-18.00 SPORTS AREA	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN

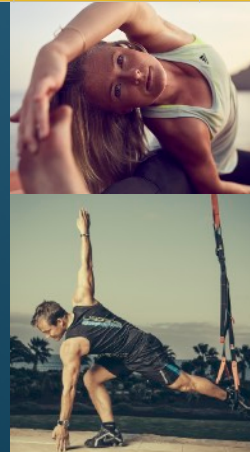


INTERNATIONAL PRESENTERS MALIN BERG - SWEDEN

International Fitness Presenter.
Health Ambassador.
Yoga Specialist.

HENRIK BRAMSVED - SWEDEN

International Fitness Presenter. Six times Swedish
Aerobics Champion. Three times Finalist in the
World Championships in Sports Aerobics.
Functional Fitness Specialist.



"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."

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