

GÜRAL PREMIER BELEK PRESENTS



Fitness & Fun

04.07-10.07 2022 PROFITNESSWEEKS.COM

FEAT. MALIN BERG & HENRIK BRAMSVED SWEDEN

	MONDAY 04.07	TUESDAY 05.07	WEDNESDAY 06.07	THURSDAY 07.07	FRIDAY 08.07	SATURDAY 09.07	SUNDAY 10.07
08.15-08.45 SPORTS AREA	MORNING YOGA MALIN	MOVING MEDITATION MALIN	CORE & STRETCH HENRIK	MORNING YOGA MALIN	HEALTHY BACK HENRIK	MORNING YOGA MALIN	INNER STRENGTH MALIN
08.45-09.15 MEET AT SPORTSAREA	S.U.P. FITNESS INTRO HENRIK	S.U.P. FITNESS CORE HENRIK	S.U.P. FITNESS YOGA MALIN	S.U.P. FITNESS PLAY HENRIK	S.U.P. FITNESS YOGA MALIN	S.U.P. FITNESS CHALLENGE HENRIK	S.U.P. FITNESS CORE HENRIK
10.15-11.00 SPORTS AREA	JUMPING FITNESS SPORTS TEAM	BARRE WORKOUT MALIN	JUMPING FITNESS SPORTS TEAM	MORNING PILATES SPORTS TEAM	JUMPING FITNESS SPORTS TEAM	BARRE WORKOUT MALIN	JUMPING FITNESS SPORTS TEAM
11.15-11.45 MAIN POOL OR SPORTS AREA	AQUA FITNESS HENRIK WITH TEAM	ABS WORKOUT SPORTS TEAM	AQUA SPLASH DANCE HENRIK WITH TEAM	FAT BURNING WORKOUT SPORTS TEAM	BOOTY WORKOUT SPORTS TEAM	AQUA SPLASH DANCE HENRIK WITH TEAM	FAT BURNING WORKOUT SPORTS TEAM
15.15-16.00 SPORTS AREA	PILATES WITH BALL SPORTS TEAM	STRETCH ALL BODY SPORTS TEAM	PILATES WITH BAND SPORTS TEAM	STRETCH ALL BODY SPORTS TEAM	PILATES WITH BALL SPORTS TEAM	STRETCH ALL BODY SPORTS TEAM	TOTAL BODY WORKOUT SPORTS TEAM
16.15-17.00 SPORTS AREA	ZUMBA VS. DANZY PARTY TEAM TEACH	FAMILY FITNESS & FUN HENRIK & MALIN	CROSS FITNESS HENRIK	HIT vs. TABATA FITNESS & FUN HENRIK	FAMILY FITNESS & FUN HENRIK & MALIN	CROSS FITNESS HENRIK	ZUMBA VS. DANZY PARTY TEAM TEACH
17.00-17.40 SPORTS AREA	CROSS FITNESS HENRIK	STEP & FUN AEROBICS HENRIK WITH TEAM	DANZY PARTY FITNESS & FUN HENRIK & MALIN	INNER STRENGTH MALIN	CROSS FITNESS HENRIK	STEP & FUN AEROBICS HENRIK WITH TEAM	CROSS FITNESS HENRIK
17.40-18.00 SPORTS AREA	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK

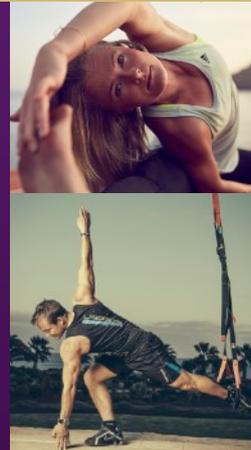


INTERNATIONAL PRESENTERS MALIN BERG - SWEDEN

International Fitness Presenter.
Health Ambassador.
Yoga Specialist.

HENRIK BRAMSVÉD - 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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AerobicWeekends
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