

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

18.07 - 24.07 2022 PROFITNESSWEEKS.COM

FEAT. FERNANDO BRITO CHILE ZUMBA

	MONDAY 18.07	TUESDAY 19.07	WEDNESDAY 20.07	THURSDAY 21.07	FRIDAY 22.07	SATURDAY 23.07	SUNDAY 24.07
08.15-09.00 SPORTS AREA	MORNING STRETCH SPORTS TEAM	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM	HATHA YOGA SPORTS TEAM	MORNING STRETCH SPORTS TEAM	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	ZUMBA STEP FERNANDO	LATIN DANCE FERNANDO	ZUMBA FITNESS FERNANDO	ZUMBA STEP FERNANDO	LATIN DANCE FERNANDO	CIRCUIT TRAINING SPORTS TEAM	FAT BURNING WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA ZUMBA FERNANDO	AQUA GYM WITH DUMBELL SPORTS TEAM	AQUA ZUMBA FERNANDO	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA ZUMBA FERNANDO	AQUA GYM WITH DUMBELL SPORTS TEAM
15.15-16.00 FITNESS CENTER	DANCE LESSON SPORTS TEAM	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 SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	DISCO MOVES FITNESS & FUN FERNANDO	FAMILY FITNESS & FUN FERNANDO	AERIAL YOGA SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	AERIAL YOGA SPORTS TEAM
17.15-18.00 SPORTS AREA	ZUMBA PARTY FITNESS & FUN FERNANDO <small>WITH TEAM</small>	ABS WORKOUT SPORTS TEAM	BOOTY WORKOUT SPORTS TEAM	ABS WORKOUT SPORTS TEAM	ZUMBA PARTY FITNESS & FUN FERNANDO <small>WITH TEAM</small>	DANZY PARTY FITNESS & FUN FERNANDO <small>WITH TEAM</small>	YOGA STRETCH & RELAX MALIN



INTERNATIONAL PRESENTER FERNANDO BRITO - CHILE

International presenter. Trained physical education teacher. S.A.F.E licensed. Two-times Swedish champion in aerobics. Presenter in Chile, Brazil, Italy, Spain, Greece, Turkey and Sweden. Licensed Zumba instructor. Fernando tour in Sweden with his special latin aerobics and transforms the fitness into a party! One of the founders of 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."

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PREMIER HOTELS & RESORTS

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SWEDEN

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