

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

25.07 - 31.07 2022 PROFITNESSWEEKS.COM

FEAT. JANE RUNESSON MALMSTRÖM

	MONDAY 25.07	TUESDAY 26.07	WEDNESDAY 27.07	THURSDAY 28.07	FRIDAY 29.07	SATURDAY 30.07	SUNDAY 31.07
08.15-09.00 SPORTS AREA	MORNING YOGA JANE	HATHA YOGA SPORTS TEAM	MORNING YOGA JANE	HATHA YOGA SPORTS TEAM	MORNING YOGA JANE	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	STEP AEROBICS SPORTS TEAM	CIRCUIT TRAINING SPORTS TEAM	CORE TRAINING JANE	H.I.T. WORKOUT JANE	RUNNING SCHOOL JANE	CIRCUIT TRAINING SPORTS TEAM	FATBURNING WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM WITH DUMBBELL SPORTS TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM WITH DUMBBELL SPORTS TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM WITH DUMBBELL SPORTS TEAM	AQUA GYM WITH NOODLES 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	RUN & FUN JANE	FAMILY FITNESS & FUN JANE	BEACH INTERVALS JANE <small>MEET AT SPORTS AREA</small>	BOOTCAMP FITNESS & FUN JANE	AERIAL YOGA SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	AERIAL YOGA SPORTS TEAM
17.15-18.00 SPORTS AREA	ZUMBA FITNESS SPORTS TEAM	ABS WORKOUT SPORTS TEAM	BOOTY WORKOUT SPORTS TEAM	ABS WORKOUT SPORTS TEAM	ZUMBA FITNESS SPORTS TEAM	BOOTY WORKOUT SPORTS TEAM	TABATA WORKOUT SPORTS TEAM



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 vaction. 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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