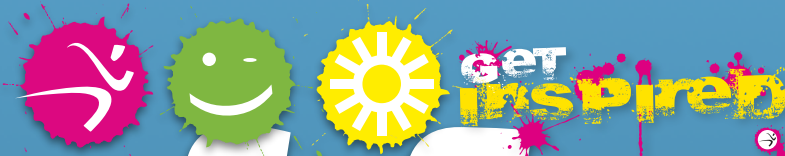


GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

12.06-19.06 2023 PROFITNESSWEEKS.COM

FEAT. JENNI HÄKKÄ FINLAND & THE GÜRAL SPORTS TEAM

	MONDAY 12.06	TUESDAY 13.06	WEDNESDAY 14.06	THURSDAY 15.06	FRIDAY 16.06	SATURDAY 17.06	SUNDAY 18.06
08.15-09.00 SPORTS AREA	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING YOGA SPORTS TEAM	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA JENNI	MORNING PILATES JENNI	MORNING YOGA JENNI
10.15-11.00 SPORTS AREA	HATHA YOGA SPORTS TEAM	PILATES FOR ALL SPORTS TEAM	HATHA YOGA SPORTS TEAM	PILATES FOR ALL SPORTS TEAM	TABATA WORKOUT JENNI	FLAT ABS WORKOUT JENNI	STEP AEROBICS JENNI
11.15-11.45 MAIN POOL	AQUA GYM NOODLES SPORTS TEAM	FOAM PARTY	AQUA GYM NOODLES SPORTS TEAM	AQUA GYM DUMBBELL SPORTS TEAM	AQUA SPLASH DANCE JENNI	AQUA GYM NOODLES SPORTS TEAM	AQUA ZUMBA JENNI
16.15-17.00 SPORTS AREA	HEALTHY BACK SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	HEALTHY BACK SPORTS TEAM	STEP AEROBICS JENNI	CHAIR DANCE JENNI	DANZY PART FITNESS & FUN TEAMTEACH	LATIN DANCE JENNI
17.15-18.00 SPORTS AREA	JUMPING FITNESS & FUN SPORTS TEAM	STEP AEROBICS SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	DANZY FITNESS & FUN JENNI	FAMILY FITNESS & FUN JENNI	JUMPING FITNESS & FUN SPORTS TEAM	BOOTY WORKOUT JENNI



INTERNATIONAL PRESENTER JENNI HÄKKÄ - FINLAND

International Fitness
Presenter
Professional Dancer
Pysiotherapist specialized
in women's health
Personal Trainer
Yoga & Pilates 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
vaccation. All you
have to do is join
us and we will help
you improve your
fitness."

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



DELUXE FITNESS & FUN WEEKS GÜRAL PREMIER
AEROBICWEEKENDS SWEDEN INTERNATIONAL
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