

GÜRAL PREMIER BELEK PRESENTS



Fitness & Fun

19.06-27.06 2023 PROFITNESSWEEKS.COM

FEAT. JENNI HÄKKÄ FINLAND & THE GÜRAL SPORTS TEAM

	MONDAY 19.06	TUESDAY 20.06	WEDNESDAY 21.06	THURSDAY 22.06	FRIDAY 23.06	SATURDAY 24.06	SUNDAY 25.06
08.15-09.00 SPORTS AREA	VINYASA YOGA JENNI	HATHA YOGA SPORTS TEAM	MORNING YOGA JENNI	HATHA YOGA SPORTS TEAM	MORNING YOGA JENNI	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	LATIN DANCE JENNI	PILATES FOR ALL JENNI	ZUMBA FITNESS JENNI	PELVIC MUSCLES WORK JENNI	STEP AEROBICS TEAM TEACH	ABS WORKOUT SPORTS TEAM	MORNING STRETCHING SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA GYM NOODLES SPORTS TEAM	FOAM PARTY	AQUA SPLASH DANCE JENNI	AQUA GYM DUMBBELL SPORTS TEAM	AQUA ZUMBA JENNI	AQUA GYM NOODLES SPORTS TEAM	AQUA GYM DUMBBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	DANZY PARTY FITNESS & FUN JENNI WITH TEAM	STEP AEROBICS JENNI WITH TEAM	DISCO MOVES FITNESS & FUN JENNI	PILATES WITH BALL SPORTS TEAM	JUMPING FITNESS SPORTS TEAM	PILATES WITH BALL SPORTS TEAM	PELVIC MUSCLES WORK SPORTS TEAM
17.15-18.00 SPORTS AREA	HIIT SPORTS TEAM	CROSS FITNESS SPORTS TEAM	CROSS FITNESS SPORTS TEAM	FAMILY FITNESS & FUN JENNI	CHAIR DANCE FITNESS & FUN JENNI WITH TEAM	CROSS FITNESS SPORTS TEAM	PILATES SPORTS TEAM



**INTERNATIONAL
PRESENTERS
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

f DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER
AEROBICWEEKENDS SWEDEN INTERNATIONAL
GÜRAL PREMIER

Instagram #AEROBICWEEKENDS
#GURALPREMIER
#DELUXEFITNESSFUNWEEK

Website AEROBICWEEKENDS.COM
GURALPREMIER.COM
PROFITNESSWEEKS.COM