

GÜRAL PREMIER BELEK PRESENTS



# Fitness & Fun

26.06-02.07 2023 PROFITNESSWEEKS.COM

FEAT. PERNILLA LORENTZEN & THE GÜRAL SPORTS TEAM

	MONDAY 26.06	TUESDAY 27.06	WEDNESDAY 28.06	THURSDAY 29.06	FRIDAY 30.06	SATURDAY 01.07	SUNDAY 02.07
08.15-09.00 SPORTS AREA	VINYASA YOGA PERNILLA	HATHA YOGA SPORTS TEAM	MORNING YOGA PERNILLA	HATHA YOGA SPORTS TEAM	VINYASA YOGA PERNILLA	MORNING YOGA PERNILLA	MORNING PILATES PERNILLA
10.15-11.00 SPORTS AREA	PELVIC MUSCLES WORK SPORTS TEAM	PILATES FOR ALL PERNILLA	ABS WORKOUT SPORTS TEAM	PILATES FOR ALL PERNILLA	CIRCUIT TRAINING PERNILLA	ABS WORKOUT SPORTS TEAM	STRETCHING SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA GYM NOODLES SPORTS TEAM	<b>FOAM PARTY</b>	AQUA GYM DUMBBELL SPORTS TEAM	AQUA GYM NOODLES SPORTS TEAM	AQUA GYM DUMBBELL SPORTS TEAM	AQUA GYM NOODLES SPORTS TEAM	AQUA GYM DUMBBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	JUMPING FITNESS SPORTS TEAM	STEP & STRENGTH PERNILLA	AFRO DANCE FITNESS & FUN PERNILLA	PILATES WITH BALL SPORTS TEAM	JUMPING FITNESS SPORTS TEAM	PILATES WITH BALL PERNILLA	ZUMBA FITNESS & FUN PERNILLA WITH TEAM
17.15-18.00 SPORTS AREA	DANZY PARTY FITNESS & FUN PERNILLA	CROSS FITNESS SPORTS TEAM	PILATES FOR ALL SPORTS TEAM	FAMILY FITNESS & FUN PERNILLA	DANZY PARTY FITNESS & FUN PERNILLA	CROSS FITNESS SPORTS TEAM	YIN YOGA PERNILLA



INTERNATIONAL  
PRESENTER  
**PERNILLA  
LORENTZEN -  
SWEDEN**

International Fitness  
Presenter  
Pysiotherapeut  
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 vaction. 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  
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