

GÜRAL PREMIER TEKIROVA PRESENTS



# Fitness & Fun

03.07-09.07 2023 PROFITNESSWEEKS.COM FEAT. MARIA WOLFHAGEN SWEDEN & THE GÜRAL SPORTS TEAM

	MONDAY 03.07	TUESDAY 04.07	WEDNESDAY 05.07	THURSDAY 06.07	FRIDAY 07.07	SATURDAY 08.07	SUNDAY 09.07
08.15-09.00 SPORTS AREA	<b>MFR</b> MYOFASCIAL RELEASE SPORTS TEAM	<b>MORNING</b> <b>YOGA</b> MARIA	<b>MFR</b> MYOFASCIAL RELEASE SPORTS TEAM	<b>MORNING</b> <b>YOGA</b> MARIA	<b>MORNING</b> <b>PILATES</b> MARIA	<b>MFR</b> MYOFASCIAL RELEASE SPORTS TEAM	<b>MORNING</b> <b>YOGA</b> MARIA
10.15-11.00 SPORTS AREA	<b>DANZY</b> FITNESS MARIA	<b>PILATES</b> FOR ALL MARIA	<b>HATHA</b> <b>YOGA</b> SPORTS TEAM	<b>PILATES</b> FOR ALL SPORTS TEAM	<b>AFRO</b> <b>DANCE</b> MARIA	<b>PILATES</b> FOR ALL MARIA	<b>STEP</b> <b>AEROBICS</b> MARIA
11.15-11.45 MAIN POOL	<b>AQUA GYM</b> WITH NOODLES SPORTS TEAM	<b>FOAM</b> <b>PARTY</b>	<b>AQUA</b> <b>SPLASH DANCE</b> MARIA	<b>AQUA GYM</b> WITH DUMBBELL SPORTS TEAM	<b>AQUA</b> <b>ZUMBA</b> MARIA	<b>AQUA GYM</b> WITH NOODLES SPORTS TEAM	<b>AQUA</b> <b>SPLASH DANCE</b> MARIA
16.15-17.00 SPORTS AREA	<b>HEALTHY BACK</b> <b>BALLANCE</b> MARIA	<b>CYCLING</b> AT THE FITNESS CENTER SPORTS TEAM	<b>SHOW JAZZ</b> FITNESS & FUN MARIA	<b>HEALTHY BACK</b> <b>BALLANCE</b> MARIA	<b>DRUMZ</b> FITNESS MARIA	<b>DANZY PARTY</b> FITNESS & FUN TEAMTEACH	<b>SHOW JAZZ</b> FITNESS & FUN MARIA
17.15-18.00 SPORTS AREA	<b>JUMPING</b> FITNESS & FUN MARIA WITH TEAM	<b>STEP</b> <b>AEROBICS</b> MARIA	<b>CYCLING</b> AT THE FITNESS CENTER SPORTS TEAM	<b>STEP</b> <b>AEROBICS</b> SPORTS TEAM	<b>FAMILY</b> FITNESS & FUN MARIA	<b>JUMPING</b> FITNESS & FUN MARIA WITH TEAM	<b>YOGA STRETCH</b> & RELAX MARIA



## INTERNATIONAL PRESENTER MARIA WOLFHAGEN - SWEDEN

International presenter. Background from dance - jazz, modern & ballet. Specialized in dance classes - Certified instructor in Groupexercise, DanZy, Jumping Fitness, Pilates, Yoga, BALLance, Zumba & more Member of the AerobicWeekends International Presenter team.



"The key to success 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."

**GÜRAL**  
PREMIER HOTELS & RESORTS

**AerobicWeekends**  
SWEDEN

**f** DELUXE FITNESS & FUN WEEKS GÜRAL PREMIER  
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