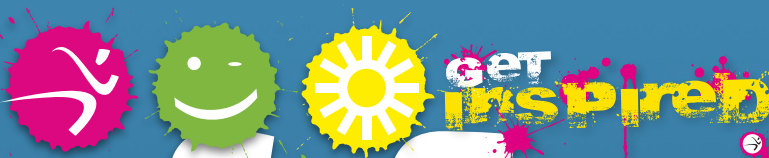


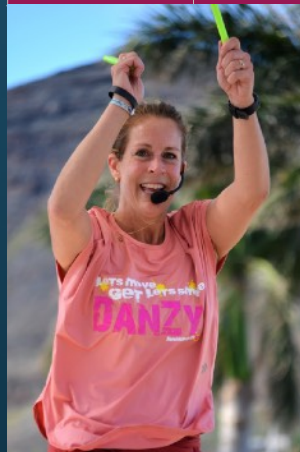
GÜRAL PREMIER BELEK PRESENTS



Fitness & Fun

10.07-16.07 2023 PROFITNESSWEEKS.COM FEAT. MARIA WOLFHAGEN SWEDEN & THE GÜRAL SPORTS TEAM

	MONDAY 10.07	TUESDAY 11.07	WEDNESDAY 12.07	THURSDAY 13.07	FRIDAY 14.07	SATURDAY 15.07	SUNDAY 16.07
08.15-09.00 SPORTS AREA	VINYASA YOGA SPORTS TEAM	MORNING PILATES MARIA	MORNING YOGA MARIA	HATHA YOGA SPORTS TEAM	MORNING PILATES MARIA	HATHA YOGA SPORTS TEAM	MORNING YOGA MARIA
10.15-11.00 SPORTS AREA	DANZY FITNESS MARIA	JUMPING FITNESS MARIA WITH TEAM	BOOTY WORKOUT SPORTS TEAM	HEALTHY BACK BALLANCE MARIA	STEP AEROBICS SPORTS TEAM	AFRO DANCE MARIA	BOOTY WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA GYM DUMBBELL SPORTS TEAM	AQUA SPLASH DANCE MARIA	CROCODILE POOL GAMES	AQUA GYM DUMBBELL SPORTS TEAM	AQUA ZUMBA MARIA	AQUA GYM NOODLES SPORTS TEAM	AQUA SPLASH DANCE MARIA
16.15-17.00 SPORTS AREA	AQUA SPINNING IN THE MAIN POOL	FOAM PARTY IN THE MAIN POOL	DRUMZ FITNESS & FUN MARIA	PILATES WITH BALL SPORTS TEAM	JUMPING FITNESS & FUN MARIA WITH TEAM	AQUA SPINNING IN THE MAIN POOL	ZUMBA PARTY FITNESS & FUN TEAM TEACH
17.15-18.00 SPORTS AREA	HEALTHY BACK BALLANCE MARIA	H.I.I.T. WORKOUT SPORTS TEAM	PILATES FOR ALL SPORTS TEAM	FAMILY FITNESS & FUN MARIA	H.I.I.T. WORKOUT SPORTS TEAM	SHOW JAZZ FITNESS & FUN MARIA	PILATES FOR ALL SPORTS TEAM



**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 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."