

GÜRAL PREMIER TEKIROVA PRESENTS



GET INSPIRED

Fitness & Fun

10.07-16.07 2023 PROFITNESSWEKS.COM FEAT. LOUISE HANSEN DENMARK & 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	MORNING YOGA LOUISE	MORNING YOGA LOUISE	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING YOGA LOUISE	MORNING YOGA LOUISE	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING YOGA LOUISE
10.15-11.00 SPORTS AREA	FUNCTIONAL FITNESS LOUISE	CROSS FITNESS LOUISE	ABS & CORE TRAINING LOUISE	CROSS FITNESS LOUISE	TABATA INTERVALS LOUISE	CROSS FITNESS LOUISE	ABS & CORE TRAINING LOUISE
11.15-11.45 MAIN POOL	AQUA GYM WITH NOODLES SPORTS TEAM	FOAM PARTY	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA SPINNING SPORTS TEAM	AQUA GYM H.I.T. INTERVALS LOUISE	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA SPINNING SPORTS TEAM
16.15-17.00 SPORTS AREA	HEALTHY BACK SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	HEALTHY BACK SPORTS TEAM	TREND DANCE AT THE FITNESS CENTER SPORTS TEAM	BOOTY WORKOUT LOUISE	HEALTHY BACK SPORTS TEAM	CIRCUIT TRAINING LOUISE
17.15-18.00 SPORTS AREA	JUMPING FITNESS SPORTS TEAM	STEP AEROBICS SPORTS TEAM	BOOTY WORKOUT LOUISE	STEP AEROBICS SPORTS TEAM	FAMILY FITNESS & FUN LOUISE	JUMPING FITNESS SPORTS TEAM	YOGA STRETCH & RELAX LOUISE



LOUISE HANSEN - DENMARK

International fitness presenter
Personal trainer
Group exercise instructor
Crossfit specialist
Running Coach
Master's degree in public health science



"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."

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AerobicWeekends
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