

GÜRAL PREMIER BELEK PRESENTS



# Fitness & Fun

17.07 - 23.07 2023 PROFITNESSWEEKS.COM

FEAT. FERNANDO BRITO CHILE & THE GÜRAL SPORTS TEAM

	MONDAY 17.07	TUESDAY 18.07	WEDNESDAY 19.07	THURSDAY 20.07	FRIDAY 21.07	SATURDAY 22.07	SUNDAY 23.07
08.15-09.00 SPORTS AREA	VINYASA YOGA SPORTS TEAM	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	STEP AEROBICS FERNANDO	JUMPING FITNESS SPORTS TEAM	ZUMBA FITNESS FERNANDO	ZUMBA STEP FERNANDO	HIIT WORKOUT SPORTS TEAM	DANZY WORKOUT FERNANDO	LATIN DANCE FERNANDO
11.15-11.45 MAIN POOL	AQUA SPLASH DANCE FERNANDO	AQUA ZUMBA FERNANDO	CROCODILE POOL GAMES	AQUA GYM NOODLES SPORTS TEAM	AQUA SPLASH DANCE FERNANDO	AQUA ZUMBA FERNANDO	AQUA FITNESS FERNANDO
16.15-17.00 SPORTS AREA	AQUA SPINNING IN THE MAIN POOL	FOAM PARTY IN THE MAIN POOL	PELVIC MUSCLES WORK SPORTS TEAM	PILATES FOR ALL SPORTS TEAM	JUMPING FITNESS SPORTS TEAM	AQUA SPINNING IN THE MAIN POOL	PELVIC MUSCLES WORK SPORTS TEAM
17.15-18.00 SPORTS AREA	ZUMBA PARTY FITNESS & FUN FERNANDO & TEAM	LATIN DANCE FITNESS & FUN FERNANDO	DISCO MOVES FITNESS & FUN FERNANDO	FAMILY FITNESS & FUN FERNANDO	ZUMBA PARTY FITNESS & FUN FERNANDO & TEAM	STEP AEROBICS FITNESS & FUN FERNANDO & TEAM	PILATES FOR ALL SPORTS TEAM



## INTERNATIONAL PRESENTER FERNANDO BRITO - CHILE

International presenter. Trained physical education teacher. S.A.F.E licensed. Two-times Swedish champion in aerobics. Presenter in Chile, Brazil, Italy, Spain, Greece, Turkey and Sweden. Licensed Zumba instructor. Fernando tour in Sweden with his special latin aerobics and transforms the fitness into a party! One of the founders of AerobicWeekends Sweden.



"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



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