

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

17.06-23.06 2023 PROFITNESSWEEKS.COM

FEAT. DOROTA TULIBACKA & 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	HATHA YOGA SPORTS TEAM	MORNING PILATES SPORTS TEAM	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING PILATES SPORTS TEAM	VINYASA YOGA DOROTA	MORNING YOGA DOROTA & MALIN	MOVING MEDITATION DOROTA & HENRIK
10.15-11.00 SPORTS AREA	MFR MYOFASCIAL RELEASE SPORTS TEAM		HATHA YOGA SPORTS TEAM	ZUMBA FITNESS DOROTA	STEP AEROBICS DOROTA	CORE TRAINING DOROTA & HENRIK	STEP AEROBICS DOROTA & HENRIK
11.15-11.45 MAIN POOL	AQUA GYM WITH DUMBBELL SPORTS TEAM	FOAM PARTY	AQUA ZUMBA SPORTS TEAM	AQUA SPINNING SPORTS TEAM	AQUA FITNESS DOROTA	AQUA SPLASH DANCE DOROTA & HENRIK	AQUA SPINNING SPORTS TEAM
16.15-17.00 SPORTS AREA	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	HEALTHY BACK SPORTS TEAM	HEALTHY BACK SPORTS TEAM	AERIAL YOGA DOROTA	JUMPING FITNESS & FUN DOROTA	AERIAL YOGA DOROTA & MALIN
17.15-18.00 SPORTS AREA	HEALTHY BACK SPORTS TEAM	STEP AEROBICS SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	ZUMBA FITNESS & FUN DOROTA	DANZY PARTY FITNESS & FUN DOROTA & HENRIK	CROSSFITNESS FITNESS & FUN HENRIK



**INTERNATIONAL PRESENTER
DOROTA TULIBACKA -
FUERTEVENTURA**

International presenter.
Background from professional ballroom dance.
Specialized in dance classes - Latin, Zumba, Salsa, Bachata but also in Body & Mind classes like Yoga, Pilates, Meditation & more.
Long time member of the AerobicWeekends International Presenter team.
@tulibka



MALIN BERG - SWEDEN

International Fitness Presenter.
Health Ambassador.
Yoga Specialist.



**HENRIK BRAMSVED -
SWEDEN**

International Fitness Presenter.
Six times Swedish Aerobics Champion. Three times Finalist in the World Championships in Sports Aerobics. Functional Fitness 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."