

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

24.07-30.07 2023 PROFITNESSWEEKS.COM

FEAT. FERNANDO BRITO • MALIN BERG • HENRIK BRAMSVED

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 24.07	TUESDAY 25.07	WEDNESDAY 26.07	THURSDAY 27.07	FRIDAY 28.07	SATURDAY 29.07	SUNDAY 30.07
08.15-08.45 SPORTS AREA	MORNING YOGA MALIN	CORE & STRETCH HENRIK	MOVING MEDITATION MALIN	MORNING YOGA MALIN	MOVING MEDITATION HENRIK	MORNING YOGA MALIN	MORNING YOGA MALIN
08.45-09.15 MEET AT SPORTSAREA	S.U.P. FITNESS INTRO HENRIK	S.U.P. FITNESS CORE HENRIK	S.U.P. FITNESS YOGA HENRIK	S.U.P. FITNESS INTRO HENRIK	S.U.P. FITNESS YOGA HENRIK	S.U.P. FITNESS CORE HENRIK	S.U.P. FITNESS CHALLENGE HENRIK
10.15-11.00 SPORTS AREA OR FITNESS CENTER	STEP AEROBICS FERNANDO	LATIN DANCE FERNANDO	ZUMBA FITNESS FERNANDO	ZUMBA STEP FERNANDO	LATIN DANCE FERNANDO	CIRCUIT TRAINING HENRIK	FAT BURNING WORKOUT HENRIK
11.15-11.45 MAIN POOL	AQUA SPLASH DANCE FERNANDO & HENRIK	FOAM PARTY	AQUA FITNESS HENRIK	AQUA SPINNING SPORTS TEAM	AQUA FITNESS HENRIK	AQUA ZUMBA FERNANDO	AQUA SPINNING SPORTS TEAM
15.00-15.50 BEACH	S.U.P. FITNESS HENRIK	S.U.P. FITNESS HENRIK	S.U.P. FITNESS HENRIK	S.U.P. FITNESS HENRIK	S.U.P. FITNESS HENRIK	S.U.P. FITNESS HENRIK	S.U.P. FITNESS HENRIK
16.15-17.00 SPORTS AREA OR FITNESS CENTER	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	HEALTHY BACK SPORTS TEAM	FAMILY FITNESS & FUN FERNANDO	INNER STRENGTH MALIN	JUMPING FITNESS & FUN SPORTS TEAM	CROSS FITNESS HENRIK
17.00-17.40 SPORTS AREA OR FITNESS CENTER	DANZY PARTY FITNESS & FUN FERNANDO <small>WITH TEAM</small>	H.I.T. VS TABATA HENRIK	DISCO MOVES FITNESS & FUN FERNANDO & HENRIK	ABS WORKOUT HENRIK	ZUMBA PARTY FITNESS & FUN FERNANDO <small>WITH TEAM</small>	VINYASA YOGA MALIN	DANZY PARTY FITNESS & FUN FERNANDO <small>WITH TEAM</small>
17.40-18.00 SPORTS AREA	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK	STRETCH & RELAX HENRIK	STRETCH & RELAX HENRIK	YOGA STRETCH MALIN	STRETCH & RELAX HENRIK



INTERNATIONAL PRESENTERS FERNANDO BRITO - CHILE

International fitness presenter.
Physical education teacher.
Two times Swedish champion in aerobics.



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 vacation. All you have to do is join us and we will help you improve your fitness."