

GÜRAL PREMIER BELEK PRESENTS



# Fitness & Fun

31.07-06.08 2023

FEAT. JANE RUNESSON MALMSTRÖM & DOROTA TULIBACKA WITH THE GÜRAL SPORTS TEAM

	MONDAY 31.07	TUESDAY 01.08	WEDNESDAY 02.08	THURSDAY 03.08	FRIDAY 04.08	SATURDAY 05.08	SUNDAY 06.08
08.15-09.00 SPORTS AREA	MORNING YOGA JANE & DOROTA	MORNING CORE & STRETCH JANE	MORNING YOGA JANE	MOVING MEDITATION DOROTA	MORNING YOGA JANE & DOROTA	HATHA YOGA SPORTS TEAM	MORNING YOGA JANE
10.15-11.00 SPORTS AREA	STEP AEROBICS DOROTA & JANE	JUMPING FITNESS DOROTA WITH TEAM	CORE & PILATES JANE & DOROTA	TABATA WORKOUT JANE	RUNNING SCHOOL JANE	CIRCUIT TRAINING JANE	BOOTY WORKOUT JANE
11.15-11.45 MAIN POOL	AQUA SPLASH DANCE DOROTA & JANE	AQUA ZUMBA VS HIT DOROTA & JANE	CROCODILE POOL GAMES	AQUA SPLASH DANCE DOROTA & JANE	AQUA FITNESS JANE WITH TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM WITH DUMBBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	AQUA SPINNING IN THE MAIN POOL	<b>FOAM PARTY</b>	BEACH INTERVALS JANE <small>MEET AT SPORTS AREA</small>	PILATES FOR ALL DOROTA	JUMPING FITNESS SPORTS TEAM	AQUA SPINNING IN THE MAIN POOL	PELVIC MUSCLES WORK SPORTS TEAM
17.15-18.00 SPORTS AREA	DANZY vs CORE FITNESS & FUN DOROTA & JANE	FAMILY FITNESS & FUN JANE & DOROTA	DISCO MOVES FITNESS & FUN DOROTA & JANE	FAMILY FITNESS & FUN JANE	H.I.T. WORKOUT JANE	CROSS FITNESS & FUN JANE	PILATES FOR ALL SPORTS TEAM



**INTERNATIONAL PRESENTER  
JANE RUNESSON -  
MALMSTROM  
SWEDEN**

International presenter  
Certified fitness instructor  
Athletics specialist  
Triathlon Specialist  
Teacher and coach of group  
fitness instructors training at  
AerobicWeekends International  
@janerunesson



**INTERNATIONAL PRESENTER  
DOROTA TULIBACKA -  
FUERTEVENTURA, SPAIN**

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

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